



ANNUAL REPORT 2014/2015

PRISON CARE & SUPPORT NETWORK



Under the auspices of the Catholic Church
Caring for inmates, ex-inmates & their families



VISION

The vision of PCSN is to create hope in the individual and restore a sense of humanity in the community.

MISSION

PCSN will realize its vision through providing Prison Ministry based upon the values and teachings of Jesus Christ



OUR PATRON: Archbishop Stephen Brislin



Fr. Babychan, Pastoral Support

Meet our staff members



L/r: Fr. Godfrey Solomon: Coordinator; Alledene Cupido: Programme Coordinator; Bernadette Adams: Administrator; Sr. Alma Kohler: Volunteer Leader, Clementine Martin: Financial Administrator, Elizabeth Ziegler & Sr. Marie Brady.

Board Members



L/r Chairperson: Nina Richards; Vice-Chairperson: Janine Richards; Financial Director: Randall Bredenkamp; Secretary: Bern Rautenbach; Auxiliary members: Faith Nomvuzo Mnyazi & Elroy Dick

Volunteers

Mary-Anne Ferguson, Victor Grantham, Cecil Jansen, Louise Warden, Thelma Apollis, Shirley Johnson, Sharon Loots, Esperance Niyongere, Henry Timm, Ntabiseng Lebitsa, Merle Hendricks, Peter Koopman, Phakiso Khanye, Vera Roomaney, Sylvia Mack and Vuyiswa Clementia Malunga

Associated Volunteers

Frs. Gugah Kizito, Peter Ziegler, Pierre Goldie, Paul Taylor & Emmanuel Okika; Deacons Rodney Williams & Richard Aguirre; Venita Kühberger, Vaness Padayachee, & Breda Coady.

Bursary Sub-committee Members:

Fr. Babychan, Fr Godfrey, Rev. G Fry, Sr. Marie Brady, Elizabeth Ziegler, Alledene Cupido & Bernadette Adams

Fundraising Committee Members:

Ursula Malyon, Thelma Apollis, Lynn Stuart-Fox, Alledene Cupido & Clementine Martin

MESSAGE FROM THE ARCHBISHOP OF CAPE TOWN

Archbishop Stephen Brislin

“Be merciful, just as your Father is merciful” (Lk 6:36)

As we enter into the Extraordinary Jubilee Year of Mercy, declared by Pope Francis, it is important for us as a church to reflect about our call to be channels of mercy and compassion. As a church we are called to become heralds of God’s infinite compassion and forgiveness to our brothers and sisters who are isolated from their families, friends and communities.

Pope Francis during his recent travel to Bolivia visited the inmates of Santa Cruz-Palmasola prison, one of the most notorious prisons in Bolivia. In his address to the inmates he called himself “as a man who was and is saved from his many sins” and encouraged the prison inmates not to let the current pain to stifle the hope deep within their heart, and to find new strength even in the midst of difficulties. The pontiff made special effort to highlight the mission of the church to those in prison through his Holy Thursday Service at the prison in Rome and his visit to prisons overseas.

Although we all cannot visit prisons to share comfort and strength to those separated from the community, certainly we can pray for them and support the volunteers from our community who do visit our prisons in the Western Cape. Through the work of Prison Care and Support Network, the Catholic Church in Cape Town brings spiritual assistance and pastoral care to prison inmates, ex-inmates and their families, as well as helping prisoners with their re-integration in society.

I thank the administration, the staff and the volunteers who render a much-needed service to those in prisons and also work towards the rehabilitation of ex-inmates back into their families, communities and society at large.

As you continue your ministry be reminded of the works of Jesus,

“whatever you do to the least of these, my brethren, that you did unto me”.



Archbishop Stephen Brislin administers the Eucharist to the incarcerated.

CHAIRPERSON'S MESSAGE

Nina Richards OFS

As the increase in crime and rate of recidivism presents us with more challenges, PCSN continues to provide programs responding to the spiritual, emotional and educational needs of the incarcerated offenders and their families. Our objective is to provide care and support during incarceration and after release for the social reintegration of offenders. Through the grace of God we are nearing our 20th year of operation.

Despite the on-going financial constraints the organisation continues to achieve its main objectives. We currently serve over 1500 inmates & ex-offenders, running programs in 9 prisons. We are pleased to have added Brandvlei Correctional Centre to the list of prisons we serve through our Restorative Justice Programme. The Coordinators Report will expand on our successes in our various programs and interventions.

The strength of our organisation lies in our staff, volunteers and chaplains. We certainly have been celebrating the 'Year of Consecrated Life' at PCSN, with the addition of another priest and religious sister to our team. Fr. Babychan *msfs* (being involved with the organisation since 2002) has re-joined as Coordinator over the reporting year. He has recently passed the baton to Fr. Godfrey Solomon who joined PCSN in January 2015. Fr. Babychan will fortunately not be leaving the organisation but remains to serve as Chaplain and Member of the Board of Directors.

Sr. Marie Brady *IBVM* has been with the organization since its inception, serving as our Volunteer Leader. We are infinitely grateful for her dedication and service over the past two decades. We welcome Sr. Alma Kohler *H.C.* as our new Volunteer Leader. Sr. Marie Brady will remain with the organisation serving as a volunteer. Breda Coady has joined our organisation for 12 months (*Viatore Christi & Miseen Cara*) with the aim of Capacity Building and Marketing of PCSN.

My thanks go out to each of my fellow board members for their passion and drive in ensuring that the organisation is well governed.

Finally, I want to thank all our donors and our partners who continue to make it possible for us to realize our mission as well as those who support our fundraising initiatives.

It is with great pleasure that I present to you our 2014-2015 Annual Report. It is my honour to continue as Chairperson for the 2015-2016 term.

*"It is not how much we do, but how much love we put in the doing.
It is not how much we give, but how much love we put in the giving."
-Blessed Teresa of Calcutta.*



CHAPLAIN'S MESSAGE

Fr Babychan, Pastoral Support

I have been fortunate to be part of Prison Ministry through Prison Care and Support Network for the past 13 years. The Prison Care and Support Network has been a beacon of hope for many inmates, ex-inmates and their families irrespective of religion, race and language. In the gospel of Matthew Chapter 25 we are exhorted to visit those in the prison and we are reminded that whatever we do to the least of His people we do unto him. The aim of all that we do as an organisation is to offer hope to inmates and ex-inmates by responding to their spiritual, emotional and material needs through various programmes and interventions. With the given social stigma a vast majority of the released offenders return to the prison due to lack of support and employment. We believe as an organization that we should continue to journey with them even after their release, to enable them to re integrate into society as better people.

The Holy Father has declared the Jubilee Year of Mercy, a time to repent and return to our loving God. This is an invitation for all to experience God's mercy and share that with others. Pope Francis says: *"I am convinced that the whole church – which has much need to receive mercy, because we are sinners – we will find in this jubilee the joy to rediscover and render faithful the mercy of God, with which we are all called to give consolation to every man and women of our time."* In my journey as a prison chaplain I have witnessed transformation among many incarcerated men and women and many having hit rock bottom, rise with renewed strength and courage. It's our duty as Christians to reach out to those on the margins of our society bringing hope and consolation.



Two babies being baptised at Pollsmoor Prison

L/r. Fr. Babychan with
Fr. Godfrey Solomon,
celebrating mass at
Cara House



COORDINATOR'S REPORT

Fr. Godfrey Solomon

Organisation

Effective 1 August 2015, Fr Godfrey Solomon assumes the role of Coordinator of Prison Care. Fr Babychan steps down from this operational role after 13 years of service, but will continue in the role of Chaplain. In the minds of most of the Catholic population of Cape Town, Fr Babychan and Loreto Sister Marie Brady are names synonymous with Prison Care, and any successor has 'large shoes' to fill! Prison Care is deeply indebted to Fr Babychan and, while immensely grateful for his continued presence in the role of Chaplain, we wish him God's richest blessings for the future.

Another new appointment was Holy Cross Sr Alma Kohler as our new Volunteer Leader: Sr Alma Kohler takes over from Sr Marie Brady, who has stepped down from this role. We thank Sr Alma for taking on this task and wish her every blessing. Sr Marie enters her 20th year of service in Prison Care and will continue as leader of the Restorative Justice Programme. We owe an enormous debt of gratitude too for the many devoted years of service to Prison Care, inspiring us all with her dedication, and for her continued leadership of the Restorative Justice Programme.

In June 2015 an Irish faith-based organisation Viatores Christi agreed to the assignment of Ms Breda Coady to Prison Care for a year as Project Manager – Marketing Facilitation and Capacity Building. We welcome Breda in this role and wish her a very successful stay.

Ministry to the Offender

A chaplain's visit to a prison is an encounter with the painful reality of emotional and mental suffering and trauma. The stories of inmates tell of how a single deviation from good sense, a bad decision or poor choice of friends led them to prison. Incarceration brings with it the pain of shattered dreams of home, profession or dignity, and inmates respond with anger, bitterness, vengefulness, self-pity and discouragement during their life of incarceration.

Rendering spiritual and emotional support to inmates

Once again this year, with the support and involvement of 18 volunteers and 10 associate volunteers, PCSN was able to reach over 1,434 inmates in the Western Cape with its programmes. These programmes included Church Services, Bible Services, Catechetical programmes and Personal Development programmes. The Restorative Justice programme alone supported 135 inmates and 173 of their family members during the reporting period; the Bible sharing sessions and prayer sessions on Sundays attracted numerous inmates who would otherwise not have had an opportunity to pray and praise God together.

Our dedicated volunteers also continue to offer personal development programmes to the juvenile offenders in Medium A at Pollsmoor. The feedback that we receive tells us the relevance and rewards the inmates reap through this programme.

Fr Babychan has been a devoted Chaplain to prisons over many years, celebrating the Mass and administering the Sacraments. PCSN wishes to recognize the support from Frs. Pierre Goldie, Paul Taylor, Dominic Helmboldt, Peter Ziegler and Dcns. Rodney Williams and Richard Aguirre in this ministry. Eucharist is a great source of spiritual support and consolation for Catholic inmates; the

organisation is deeply grateful to all the priests and deacons who offer their time to their incarcerated brothers and sisters.

During the reporting period PCSN was active at the following prisons; Pollsmoor (male and female), Goodwood, Brandvlei, Voorberg, Helderstroom, Worcester, (male and female), Drakenstein and Allandale.

Care and Support during the incarceration

Along with all the spiritual components of the programmes that we offer in various prisons, PCSN always felt the need for interventions at other levels to embrace a holistic approach to rehabilitation and reintegration of offenders. With this in mind we have promoted and facilitated individual consultation, court support and visits for foreign prisoners. Because of generous funding, we have maintained the bursary programme for the year and supported the ongoing studies of our bursary recipients from Pollsmoor, Helderstroom, Worcester and Malmesbury.

Social Reintegration of Ex-offenders

A vital aspect of our mission is the journey with the individual beyond incarceration. There the ex-offender generally returns to a negative environment, and our challenge is to engage with him/her regularly to help them to move from their negative story to a more positive one and to motivate them to persevere in their search for God and their true identity.

The consequences of crime endure well beyond incarceration for offenders: prison life, as unpleasant as it may be, offered secure food and shelter; freedom presents the ex-offender with the challenge of personal survival. Those returning to the care of family are soon confronted with the need to contribute towards their upkeep.

Their time of incarceration might not have offered them the opportunity to develop skills and learning, so they experience the impact of both social rejection as well as inability to enter the job market meaningfully.

Until their criminal records are expunged – and their crimes forgiven by their communities – they suffer the stigma of the ex-convict, and even though they might have acquired useful skills in prison, find their applications for jobs rejected.

Prison Care has by virtue of its mission the goal of providing ongoing support to ex-offenders, assisting them to reintegrate into society. Our ex-offender gatherings and the work of our volunteers and staff contribute greatly to this, while in addition a number of our projects contribute to the material needs of families affected by crime.

The past financial year for the Prison Care and Support Network (PCSN) has seen our financial position strengthened: this was due largely to the sterling work done by Fr Babychan who achieved great success in applications for the funding of many projects that Prison Care wished to launch. Mensen Met Een Missie made a sizeable donation towards PCSN's mission in general, assisting us to fund our core expenses. The largest Project grant came from the National Lottery Distribution Fund (NLDTF) by which we were able to fund five Restorative Justice Programmes, monthly Food parcels for needy families of those incarcerated, monthly Child Nutrition parcels for children of the incarcerated, stipends to fund our volunteers in their work in the communities and the prisons, and bursaries, learnerships and skills training for ex-offenders. Misesan Cara, an Irish Missionary Society, very generously funded four skills development streams, two of which are presently in full swing: Home-Based Care

qualification for seven women, and an Organic Home Gardening project equipping two men with horticultural training and practical skills. We will soon embark on a Small Business Skills course for 5 people as well as a Screen Printing course for three people.

On behalf of the PCSN I thank Mensen met een Missie, Misaan Cara, the NLDTF, Archdiocese of Cape Town, the South African Catholic Bishops' Conference (SACBC) through the Bishops' Lenten Appeal fund, the Catholic Community of Cape Town, Community Chest, Fr. Ralph de Hahn, Southern Cross, Rotary Club Rondebosch and Newlands, and the many individual donors.

As I conclude my report I thank the board members, staff and volunteers for their dedication and commitment and pray a prayer of God's blessing on all the work of their hands. Our work at PCSN is with those on the very margins of society – in this I am reminded of the words of Blessed Mother Teresa, *'I believe in person-to-person. Every person is Christ for me, and since there is only one Jesus, that person is the one person in the world at that moment.'*

I express my prayer for Prison Care in the words of the Psalmist (Ps 90):

“May the favour of the Lord be upon us: give success to the work of our hands; give success to the work of our hands”.



Restorative Justice Programme Worcester Female Prison 2015

Performance Indicators: 1 April 2014 – 31 March 2015

Strategic objective:	Measurable objective /Programmes:	Target:	Actual:	
<i>Responding to Spiritual and emotional needs of the incarcerated and their families.</i>	Personal Development	100 per month	58 per month	
	Church Services	750 per month	500 per month	
	Restorative Justice	150 per annum	135 per annum	
	Family Members(RJ)	150 per annum	173 per annum	
	Follow-up(RJ)	150 per annum	104per annum	
	Holy Mass, Word	50 per month	80per month	
	Catechetical Sessions	10 per month	8 per month	
	Bible studies	35 per month	37 per month	
	Other Programmes	20 Per month	30 per month	
<i>Providing care and support during incarceration:</i>	Individual Consultations	200 per month	253 per month	
	Bursary	15 beneficiaries	11 beneficiaries	
	Visit to Foreign Inmates	5 per month	5 per month	
	Court Support	20 per annum	16per annum	
	Mary Ward Education Support	20 Beneficiaries	38 Beneficiaries	
<i>Providing care and support after release: Social reintegration programme of offenders:</i>	Ex-Offenders Gatherings	6 per annum	3 per annum	
	Child Nutrition	20 Per month	12 per month	
	CETA	28 per annum	13per annum	
	Stipend	30 per month	24 Per month	
	Ongoing Sp/Em Support/Counseling	15 per month	16 per month	
	<i>Including RJ phone calls</i>	Telephone calls	250 per month	400 per month
Screen Printing		7 per annum	5 per annum	
Home Visits		15 per month	30 per month	
Food parcels		15 per month	12 per month	
<i>Efficiency in systems, governance, policies, partnership and collaboration with other stakeholders</i>		Policy Workshops	3 per annum	0 per annum
	Child Protection Policy Workshops	2 per annum	1 per annum	
	Strategic planning workshop	2 per annum	0 per annum	
	Volunteers training(New)	5 per annum	4 per annum	
	Volunteers workshops	2 per annum	1 per annum	
	<i>*Collaborative Partnership:</i>	NICRO	1 per annum	3 per annum
		SAPS	1 per annum	1 per annum
DCS		15 per annum	12 per annum	
YIP		1 per annum	0	
SONKE GENDER JUSTICE		1 per annum	2 per annum	
BEAUTY FOR ASHES		1 per annum	1 per annum	
Rotary		1 per annum	2 per annum	
CPLO		1 per annum	2 per annum	

FINANCIAL REPORT

by Randall Bredenkamp

The South Africa education system have the compounded problem of an under-educated population, for every 100 scholars entering Grade one/Sub-A only 5 will graduate from a University, College or Technikon.

Our clients are a product of their circumstances and we need to provide a product that can breach the gap of an under educated population. PCSN proactively drives this niche market in partnerships, to rehabilitate through education and reintegration initiatives with inmates, ex-inmates and their families.

PCSN has risen from the ashes in 2014 to a newly elected Board, Director and staff members with the support and guidance of the "Old Guard" who went into a *BUSINESS UNUSUAL* mode , resulting in:

- An accumulated surplus of 2.2 million which is totally earmarked for reintegration and rehabilitation initiatives, resulted in PCSN having a good fiscal year.
- Expanding the prison outreach from 4-8 prisons.
- Newly updated and revamp draft PCSN constitution.
- Input partnership with services CETA for bursaries and other learner ships additional to current CETA Construction Partnership.

Milestones driven:

- Audit report for the past year from our auditors emphasising a fair presentation of financial position and going concern.
- Staff salaries' review according to labour norms and pension facility inclusion.
- PCSN Risk assessment matrix.
- Quick books chart of accounts linking Funder donations to actual expenditure incurred based on proposed budget.

I feel reassured every year that we as a collective rise above the challenges faced with limited funding and resources. We have a recipe that works and should consider expanding the initiative to other regions of South Africa.

Thank-you to:

- The Volunteers, you are the heartbeat of PCSN, your sacrifice and loyalty is an inspiration.
- The Office staff for being the middle man between the Board, Volunteers and Funders without them the organisation will work in silos and literally close down.
- The Board for being innovative, a breath of fresh air and driving the organisation in the right direction socially economically and sustainably.
- The Donors for their consistency in financial support, partnerships and outreach initiatives, we aim to ensure your return on investment is value adding to the communities.
- Our Patron, Archbishop Stephen Brislin for always being a constant support to PCSN and has a deep interest in our growth, sustainability and outreach services.

"Winners are not people that never fail, but people who never quit."

Statement of Financial Position at 31st March 2015

	Note(s)	2015 R	2014 R
Non-current assets			
Property, plant and equipment	2	1,780,951	1,841,586
Investment	3	<u>762,236</u>	<u>75,892</u>
		<u>2,543,187</u>	<u>1,917,478</u>
Current Assets			
Cash and cash equivalents	4	<u>90,416</u>	<u>6,002</u>
		<u>90,416</u>	<u>6,002</u>
Total Assets		<u>2,633,602</u>	<u>1,923,480</u>
Funds and Liabilities			
Capital and Reserves			
Accumulated Funds		2,230,491	1,415,376
Specific Reserve			
Reserve for the purchase of property		41,937	41,937
		<u> </u>	<u> </u>
Total Equity and Reserves		2,272,428	1,456,313
Liabilities			
Current Liabilities			
Bank Overdraft		—	176
		<u> </u>	<u> </u>
		<u> </u>	<u>176</u>
Non-Current Liabilities			
Long term liabilities		361,173	465,991
		<u> </u>	<u> </u>
Total Funds and Liabilities		<u>2,633,602</u>	<u>1,923,480</u>

Thanks to all our Donors for their continued support



Fransaliam Outreach



Our Collaborative Partnerships



RESTORATIVE JUSTICE REPORT

By Sr. Marie Brady

There is a global acknowledgement of the fact that Retributive Justice alone cannot heal the wounds of crime. This system sentenced those found guilty of crime to a period of incarceration as punishment for their crimes. The system had a strong element of retribution for the harm that was done. The focus was on the Law that was broken and the punishment that the offender deserved.

Restorative Justice on the other hand focuses on those who have been hurt by the crime and seeks restoration and the healing of all relationships. According to Mike Batley “Restorative Justice is about addressing the hurts and the needs of both offender and victim in such a way that both parties, as well as the communities, which they are part of, are healed.” Restorative Justice incorporates everyone involved to seek healing in relationships through forgiveness, reconciliation and restoration.



The Restorative Justice team of PCSN presented five programs during the past year in different correctional centers in the Western Cape .. in Voorberg, Worcester Male, Goodwood, Worcester Female and Brandvlei. 132 offenders participated in the program which runs for ten days. The Family Mediation Days were well attended and many expressed gratitude and appreciation for all that the program offered them. PCSN focuses on restoration of the offender at the individual level, restoration with family members and victim offender dialogue if the victim wishes to be involved.

The program is very challenging as offenders are invited to make an inward journey into their hearts and to see themselves in the mirror of God’s Word. Participants look at the different responses to crime, the harm it causes and what it means to take personal responsibility. They explore the steps they need to take in order to repent and to do something about the hurt they have caused to others. They grow in understanding the importance of forgiving themselves and they experience liberation through the healing of relationships and also learn that God forgives and restores.

In evaluating the program one participant wrote, “the power of sharing with others is really amazing. That is what the program is all about – a sense of healing through sharing. Everyone shared and even though they come from a completely different background from myself, it is very moving to see how relatable our stories are. The stories may differ but the feelings and the emotions are the same. We all experience love, joy, pain and hurt because we are all human.”

Another participant wrote, when asked what he had learned from the program:

I learned the true effect of my crime on my family, especially my children who have hurt the most. I have also learned to forgive myself and to reflect in order to know where I went wrong. I can now move on in life.”

A family member expressed her appreciation of the Mediation Day as follows: Restorative Justice ... what you are doing is amazing. My daughter and I could not stop talking about the program and when my husband called on Sunday, the first thing he said was “yesterday was so good for us.” Thank you for taking time to help the prisoners

and their families – not in my wildest dreams would I have thought this could happen to me and my family, but what you have done has helped me to accept and to look forward with hope”

PCSN EVENTS AND ACTIVITIES

Misean Cara, Micro Project Support Scheme (MPSS) by Venita Kühberger

Thanks to the generosity of Misean Cara in Ireland twenty PCSN clients including parolees, ex-offenders and victims of crime, have been given the opportunity to acquire new skills and create sustainable futures for themselves. Thus far seven ladies are nearing the completion of a four month Home Based Care course facilitated by Robin Trust Health Centre and Nursing College, while two men are learning the art of Organic Home Gardening under the guidance and mentorship of Margot Nesor, owner at Back Area Gardens, Oude Molen.

It has been an amazing privilege to journey with these students and witness their personal growth and development as they strive to overcome their many challenges while still producing admirable assessment results. Motivation by their tutors and trainers through mentoring, nurturing and believing in their abilities to achieve has been the key to their success thus far. I look forward to the graduation of these learners before year end and am reminded of the scriptures; let the weak say I am strong, let the poor say I am rich, let the blind say I can see because of what the Lord has done in me.....give thanks.



Organic Gardening Programme at Cara House



BASIC EDUCATION PROGRAMME

By

Alledene Cupido, Programme Co-ordinator

There is no single story that describes what it is like for a child to have a parent who is incarcerated. The experience depends on diverse factors, including the quality of the parent-child relationship prior to incarceration, the degree of household stability following the incarceration, and the child's age, developmental level, educational prospects and individual personality. For children whose mothers are incarcerated, grandparents are often the ones who step in. Raising a second generation brings many rewards, yet many challenges which also include the financial aspect. During this reporting period we were able to support 56 children with various tools and materials which enabled them to continue their education. The list include children of incarcerated mothers at Pollsmoor and Worcester female as well as the unemployed parolees and released offenders. Three children of an unemployed ex-offender were not attending school due to the lack of school materials and uniforms. With our intervention and provision of their needs, the children could be enrolled at the school which was a true highlight in their lives and of the parent. Children placed in rural areas and outside of Cape Town were not excluded to this project. We have established relations with suppliers in areas of residence and arrange for the care-givers to fit uniforms, school shoes, etc. and collect after payment which is done via electronic banking to the suppliers. Monitoring is done by parishioners/volunteers residing in those areas.

Achievements during 2014/15:

School Uniforms Issued	School Shoes Issued	School Bags Issued	School Books Issued to beneficiaries	School Registration Fee & Textbook Levy	Transport	Stationery Issued to beneficiaries
28	26	5	22	2	1	47

1. Motivated and encouraged children about the importance of schooling and to complete it.
2. Noted the enthusiasm and zeal for education due to having access to the necessary tools and materials.
3. Received positive feedback from our Community Chaplaincy Volunteers on the progress of the beneficiaries.
4. Boosted children's morale, confidence and self-worth through this programme.
5. Positive feedback from incarcerated parents regarding the disposition displayed at the prison visits of children.
6. Noticeable progress in the academics achieved in school reports.
7. Since the nature of each request differentiate, we were able to support more children during this funding term with the given funds.

30 x Female Beneficiaries

26 x Male Beneficiaries

On behalf of PCSN, I would like to express our sincere gratitude towards Mary Ward Mission Fund who made this funding available to our organization to touch the lives and create such great positive impact on the children who are serving a prison sentence in silence together with their parent/parents.

"To keep a lamp burning we have to keep putting oil in it." – Mother Teresa



Beneficiary of the Education Support Project



Christmas Outreach 2014 Of Our Lady Help of Christians

BURSARY SUPPORT PROGRAMME

By

Alledene Cupido, Programme Co-ordinator

During the period under review, three recipients from Helderstroom Correctional Services were awarded with an Adult Basic Education & Training Certificate (ABET) course through the National Lotto funding. Studies are underway and the inmates have been drafted to Breederiver Management Area, Worcester Male Centre for the period of study. The course consist of 10 modules which will be done over a 12 month period through UNISA.

We continued to assist 9 inmates and ex-offenders who are studying towards qualifications such as ABET, Bachelor of Accounting Science, Youth Development, Call Centre Management and Business Management. Three of our recipients successfully completed their tertiary education and we wish them well with all their future endeavors. I would also like to place on record the continuous support of the Rotary Club of Newlands. This enable us to assist these deserving beneficiaries to study towards obtaining their qualification which instill hope to build a better future for him/her and his/her family.



S Hermanus & J Thiart achieved excellent results during this academic year.

13 Ex-offenders graduated on 22 January 2015 after successful completion of the Community House Building Level 2 Learnership: Funded by Construction Education & Training Authority (CETA)



"EDUCATION IS THE MOST POWERFUL WEAPON WHICH YOU CAN USE TO CHANGE THE WORLD." – NELSON MANDELA

VOLUNTEER LEADER'S REPORT

By Sr. Marie Brady

One of the greatest challenges that we face in South Africa today is the increase in violent and petty crimes. Every day we read in the newspapers, see on the TV, and even experience personally the reality of crime. The vast majority of offenders come from dysfunctional families, where they seldom experienced parental love, guidance and support from their early childhood years. Ninety percent of offenders had no father figure as a role model. Social problems like unemployment, poverty, lack of education and abusive environment contribute to high levels of crime.

Fifteen volunteers served in Pollsmoor Correctional Centre during the year and accompanied offenders as they walked along the Offender Rehabilitation Path. According to A.C. Sephton no two offenders have similar experiences in accepting sentences and being in prison. It differs in depth, intensity and duration from offender to offender. The way in which an offender experiences his sentence depends on his personal and emotional make-up. For most navigating through the sentence given can be a long, difficult and challenging journey as they have to pass through three stages.

The first stage is the stage of **ADMISSION**. Being admitted to prison, especially for a first offender, can be a very traumatic experience. Those awaiting trial and those newly admitted experience shock especially on receiving the first prison sentence. The offender is deprived of clothes, family, occupation, possessions and freedom. He is rudely awakened to a new environment with a strong disciplinary atmosphere. He is now branded as a criminal by public opinion and experiences loneliness, rejection, fear and frustration. Eight volunteers from PCSN minister to such offenders. At this stage offenders benefit most from one-to-one and small group sessions. **LISTENING** is at the heart of our ministry. As we listen we affirm and empower the other and we create a climate where offenders feel understood, accepted, loved and healed. Like Jesus on the road to Emmaus we walk with them and listen to their stories. We agree with Karl Menniger "that the experience of being loved through listening brings healing" It is then that they feel respected and accepted for who they are. Then they begin to trust the volunteer with areas of hurt.

The second stage is the period of **DETENTION**. Once a sentence is meted out to an offender, the detention stage starts. According to A.C. Sephton "the effective life is forced to a lower level and often a regression to the primitive occurs". Here a complete loss of self-image can develop as the normal stimulus towards the retention of dignity, self respect and identity decay. In order to help and support offenders at this stage and to keep them motivated, Personal Development programmes and Self-image Enhancement Programmes are presented. Nine volunteers are involved in presenting these programmes. The Self-Image Enhancement programme was formed as part of a research project conducted by the University of South Africa. It was designed to enhance the self-image and conduct of participants. Offenders are helped to positively change their self-image as well as their behavior. Barbara Hatcher writes that it is essential to respect oneself, as this determines one's daily attitudes and conduct. This according to her means "having a deep sense of responsibility for one's thoughts and actions." This programme encourages the participants to rid themselves of hatred, envy, hostility, desire for revenge, resentment and grievances so that they can experience the sense of release, freedom and joy. Sixty five offenders participated in the program. They were eager and interested in the topics discussed and were ready to share in the small groups. Participants grew in self-confidence, self-understanding and a greater appreciation of who they really are. In their evaluation offenders expressed appreciation for what they had learned and especially for topics such as the importance of having a good self-image, true friends, core values, forgiveness, and how to deal with conflict

and guilt. One of the participants expressed her appreciation as follows: “I grew in self-esteem as I realized I do not have to identify myself with my crime. The most important thing I took from the sessions is that for God to forgive me, I need to forgive others. I also learned that a good self-image is the key to success

The third stage is the PRERELEASE. The majority of prisoners look forward to the day of their release. The days are counted one by one and they want to get out as soon as possible. The Department of Correctional Services has made a pre-release program available. Two volunteers in Med. C present this program. Volunteers in the other sections also prepare offenders who are approaching their release date. The aim of this program is to prepare offenders before release for the actual challenges they will have to face, such as finding and getting a job, temptations they will have to face, reintegration back into their family and community. Release from prison for many offenders is disorientating and daunting. When discharged ex-offenders are often unsure of the direction they want to take and they do not know who will be there for them. PCSN, offers support to ex-offenders in the form of food parcels, vouchers and ex-offender meetings.

TEAM MEETINGS. One of the strengths of PCSN is that it has a wonderful team of generous, committed volunteers, who have been with the Organization for many years. At monthly meetings we keep alive and remain focused on the Vision and Mission of the organization. This is also an important time for supervision, on-going training, and volunteers share their experiences and challenges of the last month and we search for solutions together. It is also a time when volunteers can support and encourage one another.

In May 14 volunteers attended a workshop presented by Judith Turner. The theme was Building a good Self-Image and Ways of Relating to one another. Deacon Godfrey Solomon also gave a brief training on Coaching. The aim of Coaching is to build relationships with people who are struggling on the margins of society. Coaching vulnerable people is not for the faint-hearted as the volunteers in Prison ministry know only too well! They have to face many challenges as it involves drawing alongside people who are often dealing with isolation, rejection, anger, conflict and a lack of education. The challenge presented to PCSN is “to be a light, not a judge; to be a model, not a critic.” Stephen Covey.



Poem

When I look up at the stars at night
I pray to the Lord to hold me tight

My gifts from God I love so much
Oh how I miss that special touch

Until the day we reunite
I will not give up the fight

By Janine Rix
(Restorative Justice Program Sept. 2015)

PHOTO GALLERY



PCSN Board Members, Volunteers and Staff at Cara House.



Helderstroom Correctional Officials visits Cara House



Halfway House Seminar

Fr Babychan represents Prison Care Support Network in its effort to identify the problems associated social reintegration of ex-offenders and the role of halfway houses.

A POEM by Franklin Abraham



In the depths of this life we swim into eternity
Independently, though not without each other's company
Love is the Mother, we are her children.
She shines inside us – visible/invisible
As we lose trust or feel it starts to grow again.

“Who makes these changes?”
I shoot an arrow right, it lands left
I ride after a bush back and find myself chasing a rhino.
I plot to get what I want, and end up in prison.
I dig pits to trap others and fall in myself.
I should be suspicious of what I want.

If I should give up tricks and cleverness
That would be the cleverest trick.
I may be clapping my hands
But I don't belong to a crowd of clappers.
No one knows what makes the soul wake up so happy.
I used to want buyers for my words.
Now I wish someone would buy me away from words.

The morning wind has an unspoken wish
I stay quiet – “go and tell the living that I have been hiding from them”
Your essence of Restorative Justice speaks through me
I have been looking for myself.
I dwell in possibilities, a fairer house than prose, More numerous than windows.
What was said to the rose that made it open, was said to me here in my chest.
You are water, I am the millstone.
You are wind, we are dust blown up in shapes.
You are this language that tries to say, “We are sorry....we care”.

I can't stop pointing to the beauty of being together, of being forgiven.
At night I open the window and ask the moon to come and press its face against me.
Breadth into me, I say....stay with me, friends, don't go to sleep...
We long for beauty even as we swim within it
Closing the eyes and making hissing noises, like a baby nursing...
Why is there crackling and smoke?
Because the firewood and the flames are still talking to each other –
So let us enter the center of this fire inside us.
If I could taste one sip of your answer that I am forgiven –
I would curl myself into your lap...!



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