



The Open Circle



ANNUAL REPORT

2022-2023

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[The Open Circle](https://www.facebook.com/TheOpenCircle)



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A word from our manager:

Dear reader,

The Open Circle is in its 8th year of existence and looking back, we have come a long way.

Our focus in 2022-2023 has been to build upon the foundation we have set for our home, to ensure we keep the pace and continue doing better. The Open Circle is still new as an organisation, so ensuring sustainability going forward is **imperative** for us. We have spent our first years finding our way to what works for us. You know how the saying goes: If at first you don't succeed, try, and try again. I remain immensely proud of the team of people including our residents, staff, donors, volunteers, and Management Committee, that forms part of this **BUILDING**, literally and figuratively.

Our general Vision and Goals for The Open Circle remained the same this year, but with a closer focus on:

- **Building** and developing skills of our residents
- **Building** relationships with community resources
- **Building** a good reputation/ public image through our social media presence
- **Building** staff capacity to manage amidst challenging circumstances.
- **Building** Financial reserves through Fundraising / partnerships

“It takes hands to build a house, but only hearts can build a home.” -Anon-

Helita

Facility manager

Vision:

Quality of life in a homely environment

Mission:

By providing a safe, nurturing, and therapeutic home that limits and manages challenging behavior and sees residents achieve their full potential.

Our goals:

- Creating a medium-high support living environment for adults with ID and challenging behavior.
- Prevention and Risk management of challenging behavior through Proactive and Reactive strategies.
- Promoting physical, emotional, and social health and well-being
- Early detection and effective management of acute physical and psychiatric episodes
- Ensuring community reintegration through partnering with families, volunteers, Government departments and other NPO's and community integration activities.



Building and developing skills in our residents:

At The Open Circle all our residents are managed as unique individuals with their own skills, goals, and dreams.

This is achieved through annual assessment and care-planning for each resident. The program is then planned and designed to accommodate

aspects that are important in achieving goals set for individuals and the group. The program takes place daily in functionally selected groups and is implemented by our caregivers under supervision and with facilitation by the Occupational Therapist. Group activities include walking, swimming, cognitive stimulation, creative tasks, games, leisure, activities of daily living, sensory stimulation and life skills training and monthly community meetings.



Music Therapy takes place twice a month and is facilitated by a therapist. The residents love these sessions, and all participate in their own way.



Some of the special activities we implement to further build skills include:

- Celebrating individual birthdays with small parties.



- Residents perform specific chores or jobs in the home, receive remuneration and then go shopping every second month for the items they need independently.



- Our Sensory Garden and Chicken project has provided additional work-skills training opportunity to residents in the past year.





Special Social events and Functions in 2022-2023:

- Easter egg hunt in April 2022



- Kirstenbosch Outing in April 2022



- Aquarium at the Waterfront in June 2022



- Maiden's Cove Outing with 22 residents and staff in November 2022.
- Family Christmas day on 16 December 2023 and numerous smaller festivities over the Holiday period for those remaining at The The Open Circle.



- Valentine's Day Lunch and Karaoke in February 2023.



- Annual Talent show in July 2022



We were very proud to have discharged one of our female residents successfully back to her family this year, after she was a part of our family for 6 years. The reunification of residents to their families and communities remains one of our most desired outcomes.



Building relationships with community resources:

No man is an island and The Open Circle can only be a success if we work at being a part of our local community, where numerous role players invest in us, but also where we contribute to those around us.



This year we have started building a special relationship with our neighbours at Friends Day Center. We met with their management team and had two social engagements with their residents and ours including a pancake day at Friends Day Center and a Spring Walk arranged by The Open Circle. FDC is also now visiting the Tuck-shop at The Open Circle regularly with their residents. We are excited to cherish this new bond and to create friendships in this way.



On Mandela Day our residents baked muffins and handed them out with soup to visitors at the Outpatient department at Alexandra Hospital, to give back to the Community and to also learn about empathy and caring for others. Our Friends from Fridge Foods, one of our regular suppliers, donated Muffin Mix to us to make this possible.



Our local training institution UCT is very important to us, and we are so grateful for the students that join us for their Practice Learning Blocks and who in this way invest therapeutically in the lives of our residents. In 2022-2023 we welcomed 8 UCT 3rd year students and for the first time hosted 3 Disability Study students in training for their Elective placement.



Building staff capacity to manage amidst challenging circumstances:

Our staff remain the foundation of all we can and will achieve at The Open Circle and investing in their wellness and knowledge is always a priority.

This year we once again received a Donation from Syringa Trust which was exclusively used towards staff training. Some of the topics we covered in 2022-2023 included doing our 3-year refresher training with our Professional- and Enrolled nurses on Basic Life Support. We further trained 8 Caregivers in Level 1 and 2 First Aid. These Caregivers work across shifts and will be available to support the Staff nurse in an emergency. Other Training attended included Labour Relations Training for managers, Epilepsy, Fundraising and How to work with the person with Intellectual Disability's family.



In addition, we welcomed Sarah Hobbs from the UK for 6 weeks to OC (placed by VA Corps) and we have signed up a volunteer who has "adopted" one of our residents for an outing once a month.

Building a good reputation/ public image:

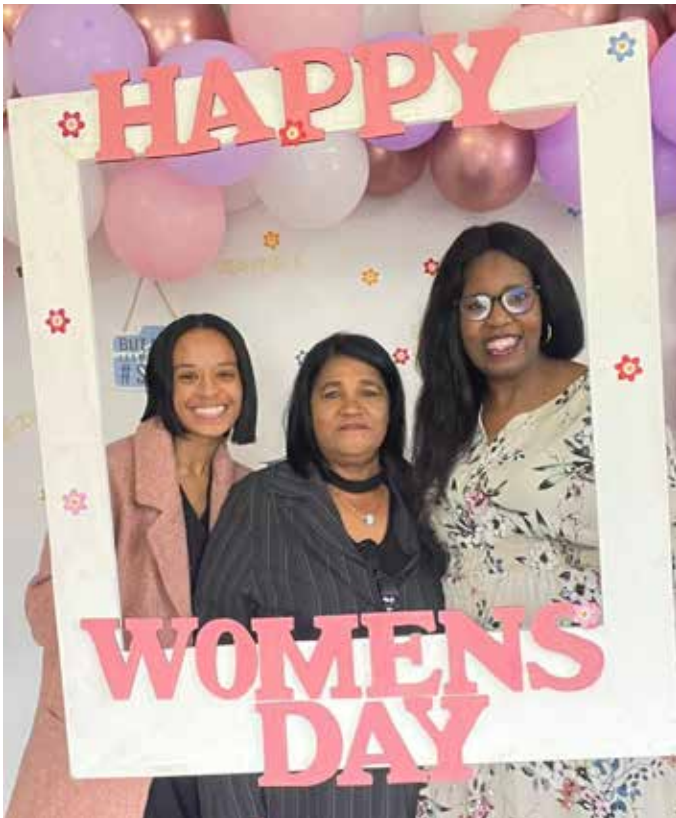
This year we initiated a Facebook page and Instagram accounts which are gaining interest. Our Facebook page currently has 282 followers, and our Instagram account has 103 followers. These platforms are useful as a way of showcasing our daily activities and events. These platforms also have a lot of potential in reaching a wider market to gain interest in the organisation. Since we have started posting videos which highlight the activities and events happening at The Open Circle, we have received increased engagement, especially from our parents and extended families as well as others looking for accommodation.

Our WhatsApp group has aided in communication between OC and the parents and has assisted us to procure additional donations and share day to day updates (activities and quick enquiries).



Staff morale boosting initiatives are prioritized quarterly. This year we celebrated Nurses Day with a special lunch, Woman's Day with a pampering/tea session, Heritage Day and ended the year on a high with a Staff function at Oudekraal picnic site.





Building financial reserves through Fundraising and partnerships:

The Open Circle wishes to thank:

The Management Committee

Cheryl Barratt * Frank Bold * Miranda Forshaw * Les Nel * Ekin Kench * Judy Bentley (Co-opted)

Project manager: Ellen Corrigan

The Organisations and businesses who supported us in 2022-2023:

Syringa Trust * WCFID * Vera Grover Trust * Woolworths My School * Alexandra Hospital * Pure Legacy Foundation * Malopo Trust * Robin Hamilton Trust * Department of Social Development * Department of Health * Frank Robb Charitable Trust * Anonymous donors * Gift of the Givers

Volunteers

Surita Linde * Lwazi Mankahla * Kelly Mansfield & Oude Molen Volunteers * Michelle de Goede * VA Corps * Janice Behr

Community

Gordon's Bay Primary School * Gordon's Bay Church * Friends Day Centre * The Inner Wheel

Individuals

Mr. and Mrs. Uys * Tim and Miranda Forshaw * Ellen Corrigan * Simon van Gend * Kate Farquharson & Cara Smith * Les Nel * Susan Luyt * Brenda Coetzee * Lynn Smith * Jacqueline Beckerleg * Jacqueline Mostert * R de Waal * Jo Oscrift * Estate of Edwina Wyngaardt



Staff received small gifts at Easter, Valentine's Day and for Christmas. Families often become involved in these gifts and thank yous through donations.

