



Western Cape
Government

Community Safety

BETTER TOGETHER.



DoCS DEPARTMENTAL NEWSLETTER

June 2018

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DOCS ATTENDS THE LAVENDER HILL COMMUNITY IMBIZO



One of the youth attendees browsing the departments information brochures at the Imbizo held in Lavender Hill on Friday, 25 May 2018.

The Department of Community Safety was invited by the South African Police Service to exhibit at the Community Imbizo that took place on Friday, 25 May 2018, at Steenberg's Battlefield Sports Ground in Lavender Hill, where Western Cape Provincial Commissioner, Lieutenant General KE Julia, on behalf of the Minister of Police, Mr B Cele, addressed communities affected by gang related violence.

Over 2 000 community members, from Lavender Hill and surrounding areas, congregated at the sports ground to witness the several addresses issued by official members from SAPS and stakeholders with the common objective of promoting safety and speaking up and out against gangsterism.

The Imbizo followed a stakeholder engagement in which community leaders, organisations, religious leaders and stakeholders from various station areas were in attendance.

Some of these stakeholders included 269 police officers from the tactical, crime intelligence, national intervention, and the public order policing units.

The gathering encouraged interaction in which members of communities ravaged by gang violence had the opportunity to advise on how members of SAPS can best go about bringing criminals to book in these areas.

General Julia spoke on the importance of the evolution of mechanisms that the stakeholders implement in attempts to keep criminality on check and how community members ought to be just as involved in the process;



Provisional Commissioner, Lieutenant General KE Jula addresses the crowd of over 2 000 community members from Lavender Hill, on Friday, 25 May 2018, during the Community Imbizo.



MEC Plato renders his address at the Community Imbizo, held in Lavender Hill, Steenberg, on Friday, 25 May 2018.

"It requires more hands on deck, there have been interventions, the last engagement was in 2016. We have to change certain ways in which we do things. In the past the issues and concerns were raised about level of police but this time around we have to change approach and that is why we are coming to communities to ask for ideas and how to move forward. We would appreciate some input from the community on ways to curb gangsterism, turn the situation around and bring peace to the streets," said Lieutenant General Jula.

Minister for Community Safety, Dan Plato called for members of the community to remain prudent in reclaiming their space from the hands of gang affiliates;

"Use this opportunity to take back our streets from gangsters and to restructure our community so as to be in charge of it once more."

MEC Plato also urged community leaders and religious leaders to back up active community members in taking a stand against gang-related activity in their respective areas in the bid to ensure improved safety for all, **Better Together**.



CPF cluster chairperson, Ms Lucinda Evans, spoke extensively on the vigilance by community members to expose gang-related activity during the Community Imbizo, in Lavender Hill, on Friday, 25 May 2018.



Members of the community listen as Ms Chantell Hendricks (left), of DOCS educates them on the various projects the Department is committed to, during the Community Imbizo, held on Friday, 25 May 2018.



The public and staff members from the Western Cape Government attended the 'Nurturing Innovation' event held on Thursday, 5 April 2018.

Nurturing Innovation in Government

On Thursday, 5 April 2018, the Department of Community Safety was invited to be a part of the 'Nurturing Innovation' first Thursday event hosted by Minister of Economic Opportunities, Mr Alan Winde, as a part of the Western Cape Government Nurturing Innovation initiative, at 142 Long Street.

Held in partnership with The Department of Economic Development and Tourism and the Department of Agriculture, the event, themed 'Nurturing Innovation' is an initiative aimed at establishing and improving newer methods, approaches, solutions, processes and material that will set the Western Cape apart in innovation, creativity and design.

The nurturing of innovation in the Western Cape Government and its society can allow for key benefits including sustainable economic growth and development, environmental sustainability and all round employment opportunities.

The Department of Community Safety was invited to showcase at the event held as a part of Cape Town's first Thursdays, where Capetonians explore art galleries, shops, restaurants and other cultural attractions within the city centre.

Attendees were treated to various presentations by representatives from organisations that are enjoying continuing success in their innovation strides.

A variety of refreshments and paintings by local visual artists also made the evening one worth remembering.

The Department displayed a presentation of three of its most successful ventures and partnerships; the Court Watching Brief, Chrysalis Academy and the Walking Bus Project.



Ms Jacqui Boulle, of the After Schools Game Changer, was part of the guests that presented at the event.



MEC Alan Winde gives a brief overview of the event held on the first Thursday of April 2018.

Some of the exhibitors included the Department of Environmental Affairs, the Department of Transport and Public Works, the Department of Human Settlements, the Department of Cultural Affairs and Sport and the Department of Local Government. Every first Thursday of the month, the Ministry's doors are open to public from 17:00-21:00. You'll be able to meet Minister Alan Winde, learn more about our local economy, network with other visitors, and enjoy entrepreneurial showcases.



Left: HOD of the DEDAT Mr Solly Fourie and HOD of the DoA, Ms Joyene Isaac co-hosted the event with MEC Winde.



Revellers enjoyed freshly produced treats that were followed by wine and cheese pairing.

For more information on First Thursday at the Ministry: Tel: 021 483 4700 Email: Ecomin@westerncape.gov.za Visit: 142 Long Street, Cape Town.

DoCS JOINS FORCES WITH **SAFERSPACES**

The Department of Community Safety has partnered with **SaferSpaces** to strengthen its long-term endeavours to advance community safety and crime prevention in the many communities of the Western Cape Province.

SaferSpaces is managed by the Civilian Secretariat for Police Service with the support and guidance from a cross-sectorial Advisory Group. The Safety and Violence Initiative at the University of Cape Town (SaVI), assists with content and site management of the **SaferSpaces** portal, with technical and financial support from the Inclusive Violence and Crime Prevention Programme (VCP), GIZ.

SaferSpaces is an online knowledge sharing and networking portal for practitioners from government, civil society and the research community in South Africa, as well as for everyday South Africans wanting to work towards a safer South Africa.

The portal is dedicated to community safety, violence and crime prevention and seeks to bring together individuals from across South Africa, to amass in the education, promotion, connecting and sharing of innovative and effective methods to progress safety-related projects and initiatives in the country.

Some of the projects and initiatives that **SaferSpaces** is affiliated with in their bid to advance effective crime and violence prevention measures include: the Positive Policing Partnership, Funda Nenja (Township Dog Training Initiative), the Memeza Community Alarm System, the Nature Hero Programme and, very recently, the Department's very own Walking Bus Project.

SaferSpaces, with their contribution, continues to enjoy the progress made by these various projects in the Western Cape communities, and across South Africa.



saferspaces

working together for a safer South Africa

www.saferspaces.org.za

Crime prevention practitioners are invited to register with **SaferSpaces** in order to benefit from the available information. The benefits include:

- The promotion of the practitioners' safety work/project;
- The exchange of resources and expertise
- The announcement and promotion of public events between practitioners and interested individuals; and

Non-practitioners who are interested in the work of **SaferSpaces** and in crime prevention can also benefit from the portal in the following ways:

- Access to newsletter detailing the latest news, resources, projects and events;
- All information made public by SaferSpaces; and
- Learning about community safety and violence prevention.

For more information of **SaferSpaces** or how you can partake in the initiative's growing objectives, register by visiting their website at <http://www.saferspaces.org.za/members/register>. Alternatively, write to contact@saferspaces.org.za.

THE WALKING BUS PROJECT

The Walking Bus initiative was initiated to ensure safer, supervised trips to and from school for Cape Town learners who are put at risk by gang-related activity.

The Department of Community Safety has partnered with communities to expand the initiative with regular launches of the project.

On 12 February 2018 the Department kicked off its annual Thanksgiving Ceremony in Bonteheuwel to honour residents and volunteers who are working tirelessly to ensure the expansion of the Walking Bus project across Cape Town communities. Held in Bonteheuwel. The ceremony that saw Minister Dan Plato hand out certificates to over 60 Walking Bus volunteers, was aimed at honouring volunteers for their dedication to the project that contributed positively to the community by increasing school attendance and rooting out of violent activity that plagued schools.

Ms Jemayne Andrews is heading and facilitating the project since its inception and has seen it grow from strength to strength. She answered some questions about the initiative and its continuing success.

In how many areas have the 'Walking Bus' initiatives been launched so far?

The initiative has been launched in over 72 areas.

How have the locals responded to the project?

We've been inundated with requests from school principals and communities asking us to launch the initiative in more areas.

What challenges has the initiative encountered from the time of its inception to now:

The project is known for bringing diverse communities together in fighting crime. There has been no real challenge so far, as we are constantly supported by our safety structures such as SAPS, Metro SAPS and Law Enforcement, especially in vulnerable areas where there can be an outbreak of violence at any time. We need to commend these safety structures for going beyond their call of duty to ensure the safety of our Walking Bus members and our children during nerve wrecking incidents, even to the point of providing counselling to our many groups.

*"The project is known for bringing diverse communities together in **fighting crime**."*

Please explain the aim of the Thanksgiving event held in Bonteheuwel on 12 February 2018:

We've hosted this event for all our Walking Bus areas as Minister Dan Plato and the Department of Community Safety see's the importance of acknowledging their safety partners. As such, the Walking Bus members were presented with a certificate of gratitude, as well as the necessary tools to continue with their efforts and commitment to the cause of ensuring the safety of all school-going children.

What plans are in place for the project going forward:

We plan to encourage more community members to join this initiative, to launch in more areas as also requested by community members and to provide the correct and vital kits necessary in order to sustain the Walking Bus Project



The Walking Bus Project has launched in over 72 areas and continues to positively impact school attendance by pupils. Image captured on 09 June 2018.

DoCS Gets The **WoW!** Wellness Assessment

The Department of Community Safety hosted the WoW! Wellness Assessment on Wednesday, 09 May 2018, at 35 Wale Street, where Wellness Ambassadors and Biokineticists, Ms Feroza Lekota and Mr Roger Woodruff, of Well-BioKinetics, facilitated physical activities and Blood Pressure monitoring and screening for employees.

The WoW! Wellness Assessment was preceded by the Free Wellness Check, an opportunity afforded by the Department of Community Safety for its members of staff, where numerous health related concerns were the focus.

The assessment is for the tracking purposes of one's health and physical fitness and is conducted every third month.

Biokinetics are specialised exercises focusing on the maintenance of physical activity and ability, in conjunction with medicine, to improve one's physical status and overall well-being. Ms Lekota conducted a session with the attendees of the assessment. We profiled the assessment and its objectives with Ms Lekota and WoW! Champion in the Work Place, Ms Mymoena Kharekar;

What is the WoW! Wellness Assessment?

"It is a tool used to assess the health and well-being of an individual."

Why is it important for Departmental staff to partake in the wellness programme?

In order for people to know their health status and to make positive changes to their lifestyle if necessary."



From left: Roger Woodruff, Olwethu Bonana, Leroy Theodore, Lydia Jafftha, Shameega Johannes, Mymoena Kharekar, Siyabonga Bungu, Feroza Lekota and Austin Adams all participated in the WoW! Wellness Assessment held at 35 Wale Street on Wednesday, 09 May 2018.

Is the program targeted to any specific age group, considering age brackets, chronic illnesses, physical fitness and ability, or does it cater for everyone?

"It is for everyone! Age and sickness is not a prerequisite."

Is the wellness program exclusive to workers of the Department of Community Safety or is outside participation encouraged?

"No it is not. Any individual be it at work, schools or the community who regards themselves as Champion for wellness can join the program."

How are participants able to keep track or monitor the program's effectiveness in their lifestyle and overall wellness?

"Participants are given a wellness passport to track changes in their health status. By eating healthy and doing the required amount of physical activity individuals will see a change in their wellbeing, whether it is weight loss, reduced stress, better sleep etc."

How often does the assessment take place?

"The assessment is done quarterly, which is every three months."

What benefit could the initiative be of to individuals who are chronic smokers or habitually drink alcohol?

"The purpose of the initiative is to create an awareness around unhealthy lifestyles and the need for behaviour change. For smokers and individuals who habitually drink, we would hope to elicit a dialogue about their behaviour and put in place smart goals to create the change needed."

What tips can you offer to individuals who are willing to implement the program and incorporate it in their daily lives but have no time - while juggling work, family life and/or the affordability of fitness equipment or a nutritional diet?

"You do not need to join a gym or buy expensive gym equipment to be healthy."



Above: Mr Siyabonga Bungu, of Financial Management, fills in his current wellness information which he can use to compare and monitor his wellness progress during the next WoW! Wellness Assessment.

30min of physical activity (dancing, walking your dog, sweeping your kitchen, taking the stairs, playing soccer) 3 times a week can change the way you look and feel. You don't have to do all 30min in one bout. It can be broken down to 10min in the morning, afternoon and night. If you are in an office setting do exercises at your desk. Eating a balanced diet will also help in a healthier lifestyle. Healthy foods can be expensive, however if you buy fruit and vegetable on sale or in bulk you can save the pockets.

"Drink water while cutting out carbonated drinks and add water to your juice to reduce the sweetness."

"Have challenges in your office amongst your colleagues (sugar challenge, biggest loser challenge, and squat challenge). Always keep it fun and light hearted."

Ms Mymoena Kherekar, a wellness champion and State Accountant in the Directorate: Financial Management, took up Bio-kinetics and since doing so has noticed the significant improvement in her well-being. She details her personal journey with the exercise;

*The **WOW!** Initiative continues to change the narrative on wellness by taking it to the **workplace**.*

What improvements have you recognised in your overall wellness since taking up WoW's Wellness program and adopting it as a life-style?

"Ever since, I have become more active and doing various forms of exercises, I am fitter than I used to be and I don't feel tired easily."

Has incorporating wellness and nutrition in your daily life been without strain, considering your work and family life?

"Of course it comes with much pain. Firstly having to adjust my eating habits to being healthier was and still is a challenge. I had to have a good reason why I wanted this change and that would be my motivation. So for me it was between health and a good weight and I have learnt that my health is more important, and that if I do it for that purpose the rest will follow. At home I still battle with the family when I cook using less salt or sugar but I am not giving up. It's hard to always have the prescribed portion of vegetable intake every night or even most nights, but I try as much as I can to have it as part of the family diet. At home I also tend to not be active if I don't have a partner willing to do something with me. So it does help to have a partner. At work it's easier because we have a WOW team although not as many people are active."

Do you motivate friends and family to participate in the wellness program?

"Yes, I am always trying to encourage family members and colleagues to join. Most of the people I ask seem keen but taking that first step is difficult. At work most feel like they are going to be in some kind of competition with the regulars who are fitter than them, however this should not deter anyone. In our workplace and I feel that staff should grab it with open hands."



Left: Accounts Clerk Ms Lydia Jafftha has her blood pressure examined by Mr Roger Woodruff of Well-BioKinetics during the WoW! Wellness Assessment held on Wednesday, 09 May 2018 at 35 Wale Street.

What message do you have for your fellow colleagues who are yet to partake in the wellness initiative and those who are currently taking part in it?

"For those who are already a part of our team, thank yourselves because you are doing it for no one else. Start with small activities, whether you do it in the workplace with the WoW regulars or at home, start taking note of what you are eating, learn to read the labels of the food that you are buying, cut down on fast foods and make the time to cook healthier meals," Ms Kharekar said.

Health focused activities hosted by the initiative include Yoga classes and jogging and are carried out five days a week.

All willing participants can contact Ms Kharekar on 021 483 3755 /

mymoena.kharekar@westerncape.gov.za or her fellow Wellness champion Ms Yoliswa Nyewe at 021 483 8587 or Yoliswa.nyewe@westerncape.gov.za.

RECIPE



Kick those Winter chills to the curb!

INGREDIENTS

1/2 cup low-sodium vegetable broth, or water (for sautéing)

1/2 white onion, chopped

1-2 cloves garlic, minced

2 medium-sized carrots, chopped

1 apple, chopped (I used honeycrisp)

1.5 tablespoons fresh ginger, minced

1 small butternut squash, peeled and chopped

2 tablespoons pure maple syrup

1 teaspoon sea salt

1/2 teaspoon turmeric

1/2 teaspoon dried thyme

1/4 teaspoon cinnamon

black pepper, to taste

4 cups low-sodium vegetable broth

1/2 cup unsweetened almond milk (or light coconut milk)

fresh juice from 1/2 lemon

2 tablespoons pure maple syrup

INSTRUCTIONS

In a soup pot, heat the veggie broth (or water) on medium-high heat. Sauté the onion and garlic for 2-3 minutes.

Add in the carrots, apple and ginger. Cook for about 5 minutes.

Add in the butternut squash, sea salt, turmeric, thyme, cinnamon and pepper. Mix well and cook another 5 minutes.

Pour in the vegetable broth and almond milk. Bring to a boil then reduce heat and cover. Simmer for about 20 minutes, or until all vegetables are soft.

Turn off heat and stir in the fresh lemon juice and maple syrup.

Using a hand blender (immersion blender) puree the soup until smooth and creamy. You can also use a regular blender but be careful! Be sure to let out the hot air from the top to prevent a soup explosion.

Taste test and add more salt or extra spices as needed.

Serve immediately. Garnish with fresh apple, raisins, hemp seeds, pumpkin seeds or pecans!

Refrigerate for up to 3 days. Freezes well.

Enjoy!

Cleansing carrot squash soup

DOCS CALENDAR FOR JULY 2018

- 2-3** Oversight Audit of Police Stations
- 3** Bicycles handovers - Lutzville, Vredendal & Klawer
- 7** Safety Workshop – Nyanga
- 10-11** Oversight Audit of Police Stations
- 12** Handover of Bicycles to Oudtshoorn NHW

- 12-13** Oversight Audit of Police Stations
- 13** Handover of bicycles to Van Wyksdorp Community Project
- 14** Safety Workshop – Delft
- 28** Chrysalis Graduation Ceremony

*NOTE THAT THE CALENDAR COVERS THE FIRST TWO WEEKS OF THE MONTH



Left: MEC Plato hands out a certificate to graduate from Chrysalis Academy.

Chrysalis Academy scores accreditation status with ETDP and SETA

On Thursday, 24 May 2018, Chrysalis Academy announced the institution's success on acquiring recognition to offer the National Certificate in Youth Development (Qualification ID Number: 57427) from the Education, training and Development Practices Sector Education and training Authority (ETDP SETA). The accreditation was made possible by the Department of Community Safety's funding support, derived from the Department's long term partnership with the academy.

The qualification, which will make part of the academy's curriculum, boasts five modules, each of which are aimed at youth development, will be effective in the advancement of youth development workers, facilitators, practitioners and researchers.

Like Chrysalis Academy, SETA is focused on establishing employment opportunity for previously disadvantaged youth through the promotion and facilitation of the delivery of education, training and development.

Along with Chrysalis Academy, the Department of Community Safety also holds partnerships with Northlink College and the Youth Safety Religious Programme (YSRP) amongst others,

all of which are rooted in the interest of the holistic development of youth.

The acquisition of the accreditation status by the academy for this qualification is set not only to benefit the enrolled students, but also the Peer Youth Instructors deployed within the academy by affording them enhancement in their experience and development in their overall skill sets for implementation at a local, provincial and national level.

Ms Lucille Meyer, CEO at Chrysalis Academy, expressed how the qualification would set apart Chrysalis Academy, as a game changer among youth advancement orientated organisations;

"The Chrysalis Academy looks forward to rolling out the National Certificate in Youth Development to its team of peer youth facilitators. We further look forward to being a leading service provider in the youth sector, providing holistic, quality training to all those working with young people. The materials have been designed to address key issues and challenges affecting young people from all walks of life looking at their mental, physical, emotional and spiritual well-being. The curriculum is relevant and is much needed to offer formal recognition to those working with youth".

She went on to further detail how the innovative qualification would be of great benefit, "This initiative is a first of its kind for the Academy, whereby all peer youth facilitators will be working towards the same qualification".

"We will be offering this training to CA students, as part of the 4-week skills phase in Youth Development", Ms Turner added.

Chrysalis Academy is currently enrolling their 18 Alpha Course intake which commenced from 5th May 2018.

The next Chrysalis Academy graduation ceremony will take place on Saturday, 28 July 2018. Applications are open and available on the academy's website for the next intake, <http://chrysalisacademy.org.za/chrysalis-application-form/>.

WATER IS SCARCE USE IT WITH CARE



WATER SAVING STARTS WITH YOU!



TAKE SHORT SHOWERS AND SHALLOW BATHS

A quick shower or a shallow bath is all that you need to save bucket loads of water.

RE-USE YOUR WATER

Water from your bath or shower can be collected in buckets and used to water the garden.

REDUCE THE FLOW OF WATER

Turn taps on to a gentle medium range rather than full blast.

DON'T LET THE WATER RUN

Turn off taps when brushing your teeth, washing your hands and shaving.

DIRTY CAR, CLEAN CONSCIENCE

If you must rinse your car, use a bucket of water rather than a hosepipe.

KEEP YOUR YARD CLEAN AND DRY

Sweep outside areas instead of hosing it down with water.



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Changing our habits so that we can reduce
our water footprint **BETTER TOGETHER.**