

MES Cape Town: Mandela day 2019 initiatives



For the past 9 years South Africans have celebrated Mandela day by showing their commitment to the impecunious people of South Africa, supporting our great leader, Nelson Mandela's example of humanity.

MES Cape Town needs helping hands from all walks of life to ensure we can deliver our services to the homeless and the destitute. Join us on this special day and give more than your 67 minutes for one day of the year!

ADULTS: GROW Job Rehabilitation, training and occupational therapy

Contact: Anelle Erasmus 021 949 8736 Email: anelle@mes.org.za

The GROW programme offers job rehabilitation opportunities to our homeless and unemployed clients. The work mostly include hard physical labour. You can help making these clients feel loved and special, restoring dignity and faith in fellow humanity.

Task at hand	Items needed
 <p>Surprising the workers with hot chocolate and muffins before they go out on the working shifts for the day.</p>	<p>The volunteers must be on site at 07:45 with food and drinks. Everything should be handed out at 08:30 so that the clients can go on shift.</p> <p>Bellville (7 Meath str.) = +- 30 people Brackenfell (William Dabb str.) = 10-15 people present on a day. Durbanville (Behind Shoprite across van the Taxi rank) = no of people to be confirmed</p>
<p>Hairdressers to trim hair, eyebrows and beards of clients before or after they have been on shift at all the depots (07:45 to 08:45 and 13:00 to 14:00)</p>	<p>Volunteers must bring everything that they will need. We have electricity at all the depots except for Brackenfell</p>
 <p>Nail paint or neck massages for clients at all the depots (07:45 – 08:45)</p>	<p>Volunteer must bring everything that they will need</p>

Social Work programme

Contact: Singobile Ngwenya 021 945 8028

E-mail: singobile@mes.org.za

Our Social Workers are normally the first professional services our clients receive. This department works under immense pressure and needs to ensure that each client's well-being is addressed. Steering them into the right direction whilst dealing with many personal and social issues. You can help by assisting them in their work or also just taking care of beautifying their offices.

Task at hand

Treat the social and outreach workers with some cake and tea as they deal with very serious and challenging issues daily. Contact Singobile to schedule a day and suitable time.



Task at hand

Beautify the social work offices.

Items needed

Provide 2 x large pot plants for the reception office and one smaller pot plant for the receptionist desk.

Safe Space

Contact: Joseph Fredericks: 021 945 8028

E-mail: joseph@mes.org.za

The Safe Space is home to at least 45 men and 15 women on a daily basis. Here, our homeless people's dignity is being restored by providing them with a warm place to sleep with access to ablution facilities.

Task at hand

Assist MES by providing toiletry packs for our clients. A pack should include:

- Soap
- Toothbrush
- Toothpaste
- Deodorant
- Wash cloth
- Sanitary pads for the ladies



Task at hand

Treat the clients with dinner at the Safe Space and spend some time with them, talking, engaging and just encourage them on their journeys.

Items needed

The volunteers must be there at 18:45 with food. Food needs to be prepared off site. Cutlery, plates and napkins should be provided by the sponsor. Dinner to be served at 19h00. Clean up and end of dinner at 20h00

Outreach

Contact: Joseph Fredericks: 021 945 8028

E-mail: joseph@mes.org.za

Many of our men staying at our shelter receive very little or no love. Their lives are marked with harshness and the will to survive is most important to them. With the high rate of abuse to women and children we would like to get our male clients together and let them know how important their roles are in our communities. You can assist MES by hosting this event and helping our male clients realise how important their actions and lives are within their community.

Task at hand	Items needed
Treat 40 to 45 men for a men's day and encourage our men to be true to themselves by being the best father, husband, brother or friend they can be.	Venue: currently booked at the Bellville Presbyterian Church (can be changed if necessary) Date: 18 July 2018 Time: 14h00 to 16h00 Food cost: R70 per person (cooked meal) excludes any beverages or desserts. (can be changed if necessary) Volunteers will need to set up and host the event. We would like to have a motivational or spiritual speaker to encourage our male clients to be the best person they can be in their community.

After School Services

Contact: Edmund Martins: 021 945 8028

E-mail: edmund@mes.org.za


MES provides after school services to 50 primary children in two social housing estates, Belhar and Scottsdene. We would love to teach the children more about Mandela day and how they can give back too. You can assist MES by hosting either a "plant a tree" day, create a "veggie garden" day, go out into the community and clean up around the housing estates.

Venue 1: Scottsdene Rental Estate

Venue 2: Belhar Estates, Belhar Gardens

Date: 18 July 2018

Time: 14h00 to 17h00

Task at hand	Items needed
Educate 45 to 50 children on an environmental issue of your choice. <ul style="list-style-type: none"> • I.e recycling (provide recycling pins) • Importance of veggie gardens • Planting trees 	Volunteers needed: at least 6 per estate Companies will have to do a costing on the issue of their choice. Provide a snack for the children. Have a prize ready for the team who cleaned the best etc.
Teach the children the importance of giving back to their own community. We can invite the senior citizens living in the estates to a special tea and cake event.	Volunteers needed: at least 6 per estate Company to provide the cake and drinks, set up tables, flowers etc. Help the children to prepare something special for the elderly. (we can organise this in advance of Mandela day)
Washing the walls of the halls in the estate. Teaching children to respect their living area and to refrain from graffiti on public property	Volunteers needed: at least 6 per estate Company to provide buckets, soap and clothes. Present an educational programme. Provide a snack for the children. Have a prize ready for the team who cleaned the best etc.

Contact: Anelle Erasmus: 021 949 8736 E-mail: anelle@mes.org.za

Our main office is in serious need of some maintenance. You can assist us by getting some jobs done which we are unable to work into our budget.

Task at hand	Items needed
Remove carpets from two offices and assist financially to get the wooden floor sanded and vanished.	Estimate cost on removing carpets & varnishing of wooden floor R6 900
Replace all current window blinds with new blinds.	Awaiting costing
Beautify the offices with flowers and pot plants	
Cleaning of windows	Soap, buckets, clothes for washing, window cleaner

Purchasing meal and shelter vouchers.

Support MES by purchasing meal and shelter vouchers. Meal voucher booklets consists of 10 vouchers each and costs R50 per booklet. Safe Space voucher consists of 10 vouchers each and costs R100 per booklet. This is part of the MES Give Responsibly campaign. For more information on the vouchers and purchasing thereof please contact Clarina at 021 949 8736 or prcapetown@mes.org.za



For other volunteer and getting involved options visit our website at www.mes.org.za or e-mail us at prcapetown@mes.org.za

