

Special Needs Care Centre



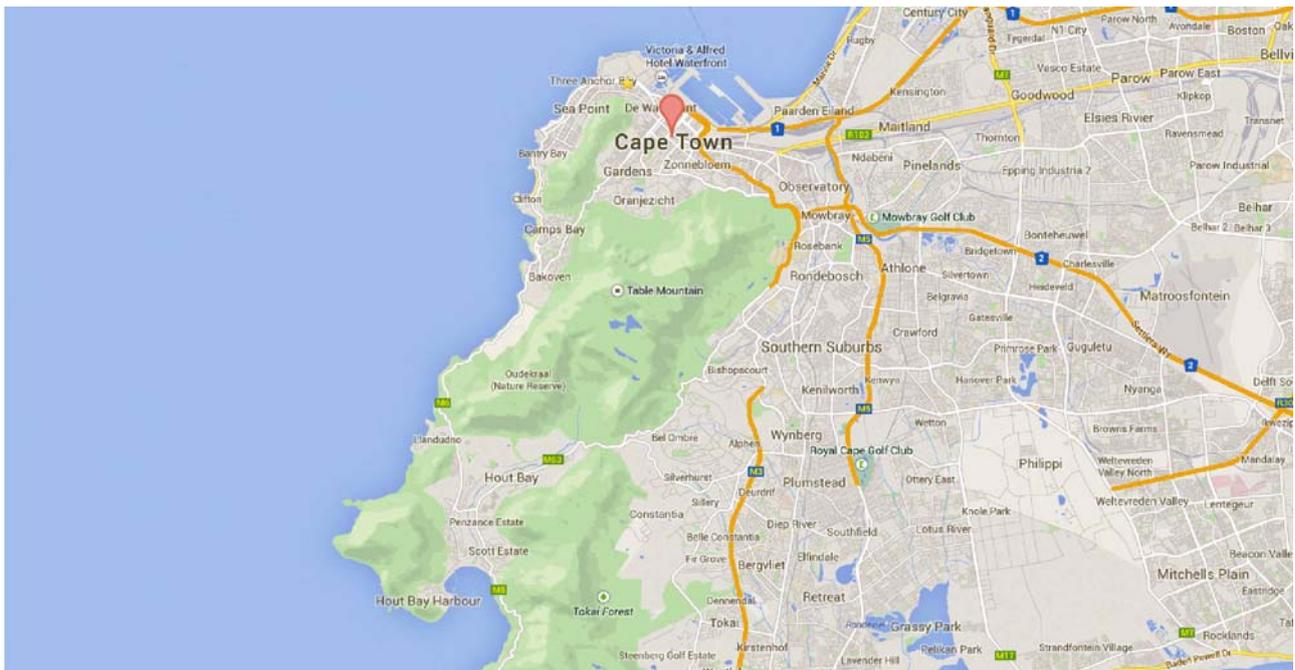
Overview

Location	Cape Town, South Africa.
Duration	From 2 weeks.
Dates	All year round.
Requirements	<ul style="list-style-type: none">• Minimum age: 18.• You must have an Upper Intermediate level of English.• Special skills: You must have a LOVE for people, be kind, patience and honest. You should know how to interact and communicate with people with special needs.
Your impact	 <p>The impact of your volunteer work depends on the nature of the project. In addition, it may also depend on whether the project offers a full volunteering experience or a combination of volunteering and tourism. For details, please see the description of the project and what's included in the project fees.</p>
Documents required	Enrolment form, curriculum vitae, letter of motivation, passport copy, proof of medical insurance, police clearance certificate.
Day of arrival	Thursday.
Day of departure	Saturday.

Highlights

- Bring happiness to the lives of people with severe disabilities. Be involved in their daily routine, special events and outings.
- You have the opportunity for creativity within the organisation, such as art and music therapy. You also learn to communicate and build up relationships with people with varying levels of intellectual disability which would in turn help strengthen your personal & social development.
- Learn from health professionals in the domains of occupational therapy, physiotherapy and nursing.
- Be involved in additional initiatives in order to market and raise funds for the facility.
- Experience amazing tours and adventures in and around Cape Town.
- Receive personal support from our volunteer coordinator.
- Share this experience with other volunteers from all over the world.

Project information



The Special Needs Care Centre is a residential home caring for 80 profoundly intellectually and physically disabled residents and is situated in Cape Town, South Africa. Since its inception in 1976 the centre has worked diligently towards building a home of safety and security for its residents, all of whom require specialised care and who are unable to remain within their family units.

The centre also fosters children who are wards of the state – these are children who have been neglected or abandoned by their families.

The key services that the centre provides are:

- 24 hour professional nursing care
- Physiotherapy

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- Occupational therapy
 - Speech and language therapy
 - Respite care (daily or hourly relief care to families with multi-disabled children)

The main aim of the centre is to provide holistic care and stimulation to profoundly multi-disabled residents, and offer hope and help to discouraged families. The centre also aims to be equipped with the necessary materials and equipment which will enable the staff/volunteers and therapists to operate at a high level of professionalism in all spheres of the services they offer.

The service levels at the care centre are of a very high standard and comprise of a professional administration under the guidance of a general manager, a professional nursing sister and qualified staff nurses, a physiotherapist, an occupational therapist, and a fundraising and public relations department.

Programme details

The programme varies depending on the individual's level of experience and area of interest. Volunteers are welcome in the occupational therapy, physiotherapy and nursing departments as well as those who would like to volunteer in a more 'general' capacity, which may also include kitchen duties, administration and general interaction/play/socialisation with the residents.

Your role

You will help with the daily routine of the centre, which may include group activity sessions, individual stimulation activities (and therapy, if appropriate), feeding residents during mealtimes, socialising and special events/outings.

Specific administrative, or other general tasks, relating to the greater running of the home.

It is important to note that this description serves as an example only. The daily tasks and challenges depend on the volunteer and the work that needs to be done. The final job description can therefore vary substantially from the above.

Arrival

You will need to arrive on a Thursday at Cape Town International Airport. Our driver will meet you at the airport and take you to your accommodation.

After an orientation meeting at the language school in Newlands on Friday, your first day of volunteering will be on Monday.

Accommodation

You will live at the Volunteer House. It is a private house in an upmarket residential area and consists of rooms with 2 single beds and 2 bunk beds. There are 4 bathrooms to share, a communal kitchen, a dining room, a lounge with TV and DVD player and a beautiful garden with a swimming pool. A commercial laundry service is close by. Bedding is provided. Towels are not provided.

Meals

Self-catering. The main shopping areas as well as restaurants, pubs, etc. are within walking distance of the Volunteer House.

As there are no restaurants/shops in the area where your volunteer project is located, it is recommended that you bring a packed lunch each day.



Free time

Together with other volunteers and language students from Good Hope Studies you can take part in the entertainment programme of the Social Club. There are organised events, outings and tours most evenings and at the weekends. To find out about the current programme, go to www.goodhopevolunteers.com.

How to get to the project

There is a daily transfer by bus from the Volunteer House to the project and back.

What to bring

There are no special requirements in this regard but we recommend bringing comfortable, practical clothes. At the volunteer project you will need a notepad and a pen.

Anything else you might need is readily available at local supermarkets in South Africa.

While there is no specific uniform, volunteers are asked to wear sensible clothing, e.g. long shorts and closed shoes. Hot pants, string bikinis and flip-flops are not suitable for work.

Medical insurance

It is required that you take out medical insurance before travelling to South Africa. For stays exceeding 90 days, it is compulsory to take out a South African medical insurance. We recommend NetworX from Compicare, which is specifically designed for people who visit South Africa for 3 to 12 months. You will receive an information leaflet and an application form together with your confirmation of booking.

Health

No vaccinations are required except for travellers going to the north-eastern areas of South Africa, where anti-malaria precautions are recommended. Clients should consult their doctor for recommendations.

A yellow fever certificate is compulsory for those persons who have travelled from, or intend travelling through, countries in the yellow fever belt:

Africa: Angola, Burundi, Benin, Burkina Faso, Cameroon, Central African Republic, Chad, Congo, Equatorial Guinea, Ethiopia, Gambia, Gabon, Guinea, Guinea-Bissau, Ghana, Ivory Coast, Kenya, Liberia, Mali, Niger, Nigeria, Sao Tome and Principe, Senegal, Sierra Leone, Somalia, Sudan, Rwanda, Tanzania, Togo, Uganda, Zaire.

South America: Bolivia, Brazil, Colombia, Ecuador, French Guyana, Guyana, Panama, Peru, Surinam, Venezuela, Argentina and Paraguay.

Bring medication just in case you suffer from any travel-related illnesses, e.g. stomach upsets, since your body needs to adjust to the change in food and water during your first few days in South Africa.

It is important to keep in mind at all times that HIV and Aids are widespread diseases in South Africa.



Safety

HIV and AIDS are a major public health concern. You should be aware that you are working with people that could be infected.

Cultural diversity

We suggest doing some light reading regarding the history of South Africa and its people. Please note it is a very ethnically diverse population, and there are many different groups of people with different ideas and behaviors. We suggest being as open minded as you can - try understand the history and note that in rural areas the differences can be more pronounced. Please try to be modest in what you wear and how you behave.

What's included / not included

Included:

- Project placement
- Airport transfer on arrival
- Accommodation (Volunteer House: shared room, shared bathroom, self-catering)
- Full-day excursion on the first Saturday
- A donation towards the project
- Good Hope Volunteers welcome pack
- Weekly site visits by our coordinator
- An orientation at the beginning of your volunteering
- Participation in the activities of the Social Club (extra charges may apply)
- Electronic certificate (printed copy on request)
- Local support including a 24-hour emergency number
- WiFi

Not included:

- Food
- Local transport
- Any items of a personal nature

When combining with a language course

When you participate in a language course before you start at this project or when you participate in a language course in the morning and volunteer in the afternoon, the day of arrival is Sunday and the free full-day excursion on the first Saturday is not applicable.



Visa

You can volunteer in South Africa on a visitor's visa for up to 90 days.

Nationals from certain countries (e.g. Brazil, Switzerland, Germany, Australia, France, Netherlands, Spain) will receive their visa when entering South Africa. Other nationals need to apply for a visitor's visa at a South African Embassy in their home country before travelling.

If you come to South Africa on a visitor's visa, you can extend once by another 90 days.

If you plan to come for more than 90 days, you need to apply for a visa at a South African Embassy in your home country.

For the latest information contact the South African Embassy or Good Hope Volunteers.