



# Camphill Farm Community Hermanus

*Quality of life for adults with intellectual disabilities*



## ANNUAL REPORT 2019



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## Hermanus

*Quality of life for adults with intellectual disabilities*

### WHO WE ARE

Camphill Farm Community Hermanus (CFCH) has provided residential care and supported work for adults with intellectual disabilities since 1978. This rural Community is currently home to 53 adult residents, who share their lives with engaged staff and volunteers in a safe and secure environment. Each resident is supported in such a way that they have opportunities to live self-fulfilled lives with access to sound nutrition, medical care, meaningful work, therapies and a versatile social and cultural life. They are enabled and encouraged to embrace opportunities, develop their individual abilities and make a meaningful contribution to their livelihoods and their Community.

### VISION

Camphill Farm Community Hermanus strives to provide a high quality of life for adults with intellectual disabilities, promoting choice, meaningful inclusion, equality, respect and spiritual growth in a safe and sustainable environment.

### MISSION

Camphill Farm Community Hermanus empowers people, especially our residents, to live in an intentional life-sharing Community in an environment that promotes and sustains independence, dignity, mutual respect and choice.

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**This booklet is dedicated to all the wonderful souls  
who helped us during and after the fire.**

## CHAIRMAN'S REPORT By Ray Potton (Chairman)



*C*amphill is dedicated to creating communities where the values of service, sharing, spiritual nourishment and recognition of each individual's gifts and contributions offer a model of renewal for the wider society. From the web-page of Camphill North America.

The past year has certainly been an eventful one, fluctuating between celebrating our 40 years of existence and a potentially disastrous bush fire that swept through our Community.

Camphill Hermanus turned 40 during 2018. A celebratory concert and dinner was hosted by the Community in the Community hall. The event was highly successful and was thoroughly enjoyed by all who were privileged to attend. We look forward to the next 40 years.

You are no doubt aware and many of you in fact experienced first-hand the bush fire that swept through the Camphill Farm and School Communities in January. Fortunately, every-one was evacuated safely and little damage was experienced to the buildings housing our residents. We did however lose a large barn housing our cattle fodder as well as most of our beehives. Other damage included a large portion of our fencing and water, electrical and other infrastructure.

We are insured but it is unlikely that we will recover all our losses and we will have to pay certain costs from our own pocket.

Again we were fortunate to have received financial as well as donations in kind from a

number of organisations and members of the public which will greatly assist us to make out in covering our losses. We are truly grateful and humbled by their generosity.

Despite all the trauma experienced by our staff and residents we are immensely grateful to the Hermanus Community who have been incredibly supportive and have carried us through this period.

I believe the disaster has brought the greater Hermanus Community and the Camphill Community closer together.

The fire continued to burn underground in the Onrus River that runs through Camphill land until it was finally extinguished at the end of June. A big thank you to all the governmental, provincial and municipal officials who assisted with the effort. The big clean-up and rehabilitation can now begin. For this effort we will rely on various environmental groups.

We are fortunate to have been awarded the privilege of hosting the Dialogue 2020 conference in March next year. This is a conference specifically for external board members and trustees held between the more than 100 Camphill Communities worldwide to discuss and share issues effecting the movement. This conference is held every three years.

We expect that more than 60 delegates will attend the 5-day event.

A team from both Farm and School is currently finalising the programme. We wish them well in their endeavours and look forward to a successful event.

During the course of this year our Community has had its fair share of change and challenges, but despite this our cultural life has flourished and we continue to celebrate the Camphill festivals and the changing seasons.

The Friends of Camphill Hermanus group has been revived under the chairmanship of Patrick MacPhail, a parent of one of our residents, and we look forward to their assistance in improving the lives of the Camphill Hermanus Community.

I wish to thank all the staff as well as the residents for their contribution in making Camphill the special place it is. They are the soul of Camphill.

I would also like to say a special thank you to Geoffrey Weir for all the support he con-

tinues to give unstintingly to the Camphill Communities in Hermanus.

We would also like to thank the Association of Camphill Communities (UK & Ireland) - (AoCC) for their support, financial and otherwise, throughout the year.

In September 2018 Yvonne Mego, a stalwart of the Camphill Community, who served for many years, initially as a co-worker and then as a board member of both farm and school, retired. She is sorely missed for her attention to detail as well as her in-depth knowledge of Camphill life. We wish her a happy retirement. We know that she will continue to have a keen interest in the well-being of our Community.

Finally, I would like to thank my fellow board members for their support and advice. They all serve with no expectation of financial rewards and give of their time and expertise freely.

#### **BOARD MEMBERS (to March 2018)**

Geoffrey Weir - BSc FCA IBA | Ray Potton | Esther Zietsman  
Elma Young | David Trojeski | Yvonne Mego | Julio Laset

## **FROM THE EXECUTIVE MANAGER'S DESK**

**By Sam Hodson**

**I**n reflecting on another eventful year in our Community, perhaps I could best describe it as life before and life after the fire on 11 January!

Much has been written about that cata-

clysmic event, but two things stand out for me, namely the individual stories and recollections of those directly affected on the day, as well as



the overwhelming and ongoing support from the greater Hermanus Community, the country and indeed from various people and organisations internationally. Thank you and thank you again to everyone who contributed, big and small. We really wouldn't have recovered without each one of you! And also to our sister Community, Camphill School. Thank you for being our partners along the journey. And not only as a result of the fire...

Before going any further, I'd like to take this opportunity of thanking the South African government (the Department of Social Development in particular), all our supporters (for example, the therapists and specialists, the family members from all over the world) and our donors (you know who you are!) for giving so generously and so often. Even the words 'thank you' are quite insufficient for what you do for us.

There have been so many lessons learned as a result of the fire, but perhaps the biggest lesson of all is the importance of regular fire drills. Although not perfect, without them the result could have been very – and possibly tragically – different.



Another invaluable lesson for us as a Community has been the value of trauma counselling, in whatever form it takes. De Freunde (De Freunde der Erziehungskunst Rudolph Steiners-Weltwaerts Program), the German

organisation that channels young volunteers to us each year, showed us the way, with their managing director and a social worker flying out a few days after the fire to counsel their volunteers through this traumatic experience. And we were also able to provide similar counselling to those who wanted it, residents and staff alike.

Of course, the surprising news was that of an underground peat fire in the river at the bottom of the property, ignited by the surface fire. This was only discovered by the fire department a few weeks afterwards, with temperatures of almost 400°C in places just below the surface. The noxious gases emitted from time to time were of serious concern, particularly to our neighbouring Community, Camphill School, who were forced to spend the first two academic terms of the year off-site. Another example of how cooperation really works was in full display, though, as members of various government and municipal departments and local Communities came together and this fire was all but extinguished by the end of June. Our thanks especially to Liezl de Villiers (Overstrand environmental department) and Angelo Aplon and Lester Smith (Overstrand fire department) for coordinating this very delicate process. Phase 2 of the process is now the rehabilitation of the riverine area, as part of a much broader 'Catchment-to-Coast' rehabilitation project for the Onrus River.





As with just about any fire in the Western Cape, the flames resulted in both the mass destruction of many invasive plants, but also caused the emergence of millions of seeds, now in germination. We have a small window of opportunity before the spring to control and, in some instances, eradicate a significant part of our invasive plant problem. Plans are now being implemented, in partnership with similarly-focused organisations, to actively manage the issue.

In the meantime, life at Camphill has continued throughout, with the residents by and large taking the fire in their stride. The residents teach us so much about life in general and I am continually reminded of the important perspective that they bring to everyone's lives. The residents' council (who represent all the residents) are full of good ideas and regularly join us at our management meetings and, lately, at our board meetings as well and often provide pearls of wisdom.

Very exciting for us has been the engaging of four wonderful and experienced people in key positions, namely our social worker, Brooke de Bruyn, our fundraiser, Michelle van Zyl, our bookkeeper, Jacky van Tonder and Erika Nagel, our new craft workshop coordinator. They have joined the Community at a critical time and have brought with them an energy and competency greatly appreciated by all and, although they have only been with us for a short time, they are already

adding great value to the lives of everyone here at Camphill.

Brooke, amongst many other tasks, has started the process of updating the residents' Individual Development Plans, as well as initiating a bi-weekly male resident social skills group. Brooke is also coordinating our wish to have residents engaged where possible in one form or another in the town of Hermanus. Appropriate and relevant training in our space is always an interesting challenge and this year we were fortunate for just about all the staff to attend a three-day course in March, held onsite, on managing challenging behaviour. Even long-time staff commented on just how valuable this was.

Another silver lining from the fire is that it well and truly put us 'back on the map' and into the consciousness of Hermanus and beyond. Michelle (our Facebook champion!) has very quickly updated and made much more relevant both our website and Facebook pages. In addition, she has started coordinating fundraising efforts with immediate results. Our thanks again to the various donors who have so generously given of their time, money and other resources – and you are listed elsewhere in this report.

Gladys, a volunteer from Zambia who ran our craft workshop (and on her second visit to Camphill) returned home after two and a half years with us. Gladys is a true Community



person and many people felt safe enough to unburden themselves to her, a true listener! We wish Erika Nagel all the best and much creativity as she settles into this busy workshop. John Thebus, Cinnabar House leader, retired in October and has been ably replaced by Ottilia Kore.

Our festivals, so precious to the life of Camphill (both here and indeed in Camphills around the world), continue to be celebrated (more about this in the 'cultural & social report'). We also had the privilege this year of our Community representative, Elma Young, attending the annual Camphill Movement Group conference in Vietnam in May. In addition to the benefits of rubbing shoulders with fellow Camphillers, Elma came away with the strong sense of the importance that the practice of mindfulness plays in an individual's and a Community's life.

The principal of Camphill School and I were also very honoured to be invited to attend the AGM in April of the Association of Camphill Communities (UK & Ireland) (AoCC). The people we met there carry the essence of what Camphill is all about. The AoCC continue to support us in so many ways, especially Geoffrey Weir, who sits on our board (and who personally covered the cost our trip to their AGM). Thank you to you, the AoCC, and to you, Geoffrey, for your ongoing and quite invaluable support. We would be very challenged without you!

Very excitingly, the 'Friends of Camphill Hermanus' group has been revived. Many years ago this group came into existence to support the work done at Camphill, but faded as the family members of our residents got older and became less able. However, the revived group is raring to go in assisting us in

our endeavours. In this regard, thank you to Patrick MacPhail and his committee for the work that they have put in to get things going again.

Our farm is in a stable position at the moment, although there are various challenges, the main one being the shortage of staff. This is being addressed, though, with a view to using internships as a way of getting more hands on deck. Sadly, our honey production will take some time to recover after the fire, as all but three of our hives were burnt down. Delays in insurance payouts are also hampering our efforts to rebuild certain structures (in particular, our barn and a significant amount of fencing). Baboons in and around the Community continue to be a challenge, not only to us, but all farmers in the valley and indeed in certain parts of the town of Hermanus.

Although we celebrated 40 years as a Community last year, one of the parallels is the very fact that our estate (buildings, pathways, roads etc), our equipment – and our people (!) - are ageing, resulting in an ever-increasing focus on maintenance. Our preventative maintenance programme is currently being reviewed and updated in order to continue combating this. Security in and around the estate is an ever-present concern – the same as with our neighbours in the valley, Hermanus and essentially the whole country – with petty theft (especially around full moon time) an ongoing challenge, despite new security systems and quick access to private security organisations in the area.

In addition to various volunteers from around the world, in my time at Camphill, four groups of volunteers from the De Freunde (De Freunde der Erziehungskunst Rudolph Steiners-Weltwaerts Program)



organisation in Germany have come and gone. It has been a real privilege working with these young adults, all of them having chosen to give a year of lives in service to others. Their youthful approach to life – and a reminder that we are all getting older! – is constantly refreshing.

On a very personal note, I would like to take this opportunity to thank my fellow colleagues on the management team (dare I say friends), staff and the volunteers. We've experienced a life-changing event together and we were able to clear a lot of the pettiness off the table while we pulled together to deal with the aftermath of the fire. It proved to me that we are really are a Community and that it is worth fighting for. Thank you for your ongoing commitment. You are

truly wonderful people and I greatly appreciate both who you are and all that you do. Life is not easy here – we are a 365-day per year operation (cows and chickens take no notice of public holidays!) and sometimes it feels as if the pressure never lets up, but you keep going and going and going. My encouragement to us all – and perhaps to others reading this – is to keep perspective and foster relationships with those around you. The fire taught us that: there is much more to life than petty squabbles and irritations. Perhaps I can leave you with a very simple mantra that we are trying to follow ourselves as a Community and that is to:

- Care for yourself;
- Care for others; and
- Care for the environment.

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## CULTURAL AND SOCIAL Elma Young (Community Representative)

All the riots in Hermanus during 2018 were somewhat traumatic. Towards September it calmed down and we enjoyed a truly spectacular 40th birthday celebration on 22 September. It started off with snacks and welcoming marimba/drum playing by Daniel Kamber and his troupe. There was wonderful food served, a concert, dancing and much laughter.



During this past year we celebrated Sylvie Matz' 60th birthday with a surprise coffee bar.



Towards the end of 2018 we said goodbye to Hans Peyerl, one of our residents, who was actively involved with the Residents Council, as well as to John Thebus who was the house leader of Cinnabar for 8 years. He directed the dancing group for many years, as well as

taking the Self- Advocates to Cape Town 4 times a year.



We sadly had to say goodbye to Alistair Smith (resident) and Brenda Nyamukon-diwa, assistant house leader in Labora.

A few months later we said farewell to Gladys Mhango, who had been running the Craft Workshop for us. Fortunately, Erika Nagel joined us prior to Gladys' departure and she could be properly inducted.



Some of our residents and staff went for an outing to Camphill Village West Coast to attend their worthwhile Sunday market.



A few months later some of our residents and volunteers attended their 'Camphill has Talent' show. It was very much enjoyed! Four of our residents swapped with four of their residents for a break and both sides had a ball.

Our young volunteers organised a number of movie nights, complete with popcorn. On a Sunday afternoon they play games and/or danced with the residents on the Village Green or in the Hall, depending on the weather. They also participated, along with some residents in two street collections which went very well.



Earlier this year we were treated to a delightful performance by the Stuttgart Eurythmy Ensemble. They were a worldwide group of young people, including performers from South Africa, Serbia and Korea. Two of their pieces were very humorous, very much enjoyed by all. The highlight was of course meeting and chatting to the performers afterwards.



Shortly after this we had UK and Cape Town Eurythmists performing for us. These are old friends who have been coming yearly for a long time. As always a treat!



Camphill School presented a charming Nativity play which we all attended. The kids were marvellous. Our Community also attended their advent spiral, as always very special.

On 15 December we had a family/fun day with three-legged and wheelbarrow races, tight roping and musical chairs.



A joyful occasion! Afterwards each house ate a picnic lunch with their families.



For New Year's Eve we had a communal picnic on the Village Green – fortunately the weather was beautiful!



Then each house (some houses combined) presented games, poems or collages of highlights of the year gone by.



Afterwards the young volunteers went off to paint the town red and the rest of us went home, some to sleep!

We celebrated the main Christian festivals, starting with Michaelmas in September. Geralyn Laset directed a Eurythmy play of 'St Michael and the dragon' (also performed at the 40th Celebration), with Richard Berrington and Brendon Minnaar alternating as St Michael.



Labora house, attended the Carols by Candlelight at Vergelegen taking along a few residents from other houses .



For the 4 Advent Sundays prior to Christmas we had different celebrations, some with Eurythmy. Geralyn does magic with our residents. We are very proud of what they

achieve. There was carol singing Christmas Eve and the volunteers sang some German carols.

For the Three Kings Festival we stirred the specific biodynamic preparation in the Herb Garden.



After this we split into groups for spraying the peripheries of both Farm and School. Later the same day the volunteers presented an exquisite play about old Jean who spent his whole life waiting to meet the Christ. Throughout his life he helped others and thus unknowingly has met the Christ through them. They did it in a very innovative way, also involving a number of our residents.



For Palm Sunday we did our usual walk with palm branches from the Dairy to the Hall. There was clouds and a slight drizzle, but we

kept dry. On the Thursday we had a communal Silent Supper in the Hall. Not always so silent, but we try! Most days of the Holy Week we went into a quiet reflection of each day for a brief gathering with music (lyre), Gospel reading and the Eurythmy movements of the seven planets with Julio and Geralyn Laset. This culminated in Good Friday and poems honouring Christ's last words on the Cross.

For Ascension we did a Mindfulness Walk, which is a very slow walk, done in single file, no passing, no talking. This is to experience the present and becoming aware of sounds, colours and the sun or the wind on your body. We also kept in mind the Christ going up into the clouds (some did).



At Whitsun we read the same Bible verse in English, Afrikaans, isiXhosa, Shona (Zimbabwe), Bemba and Tumbuka (Zambia), German, Swahili (Kenya), German, French, Spanish, Serbian, Russian and Philippine.

St John's Festival was remarkable. The residents portrayed the life of John the Baptist through Eurythmy and they walked a spiral with lanterns.





The first half of 2019 was taken up by the fire of 11 January and cleaning up afterwards. We still cannot quite believe in the miracle that no one got hurt and we lost none of our houses. What did help is that we had practiced to evacuate.



Although everyone was rather traumatised, we had trauma counselling, which helped. The generosity of the people of the Hermanus Community knew no bounds. After we evacuated to the Sandbaai Hall, where we stayed for 2 nights, people come in streams bringing food, bedding, clothes, etc. etc. All much appreciated.



A lot of people also came to help with the clean-up process. It restored our trust in humanity and it will never be possible to express our thanks in a suitable manner.

Debi still presides over yoga once a week, there are fitness groups twice a week in

summer, Library on Saturdays with a story by Hilda Hechter. There is Tuckshop every Wednesday, run by Hilda and Sean Metcalf (one of our residents) – a very important item on the itinerary!

Daniel Kamber presents marimba/drumming on a Monday – Crafts in the morning and for whoever is interested in the evening.

Sr Sandra Martin looks after the health of the residents. Every year all residents go for a thorough check-up. She also does adult education sessions with residents and checks that the medicines are in order.

Rev Richard Goodall has been coming every two months for many years. He comes for a long weekend during which time he does talks, study groups, tells the most incredible stories and on the Sunday he celebrates the Act of Consecration of Man with us. He was also a stalwart after the fire, helping with group trauma counselling, bringing plants to the Egg Garden and helping to plant them. A while back Richard spent some time with Duncan Clews, helping with the bees. Thank you Richard, we appreciate all your efforts.

Last but not least – Berna van der Merwe still mends our clothes, as well as making lovely bags and aprons for sale.



**Love starts when we push aside  
our ego and make room  
for someone else.**

**- Rudolf Steiner**

## FUNDRAISING & PR

By Michelle Van Zyl

Well this year started off with the proverbial bang.

**N**o one will forget the devastating fires of 11 January 2019 that swept through the Camphill Community and parts of Hermanus leaving behind nothing but traces of black ash and smoke. Nevertheless, the resulting devastation led to an incredible drive of compassion, dedication and support from near and far which in turn inspired fundraising events, water and food drives, fire relief donations and clean-up initiatives.

We started rebuilding, replanting and reviving our workshops, buildings and estate.



We also took to the streets and had our first street collection on 26 January and in April we had our second street collection on Easter Saturday.

Once things started settling down I was approached by the Management Team and asked if I would consider extending my 'stay' at Camphill, and without a moment's hesitation, I agreed to take on the responsibility of becoming the Farm's fundraiser. I was extremely excited and flattered being back and part of the Camphill Community. I was privileged to be part of the team at Camphill School a few years ago and now look forward to assisting with the daily happenings here at Camphill Farm.

Over the past few months while addressing the Farm's fundraising needs

I was captured by the heart of the Community, the residents and their way of 'doing' life. My favorite time of the day is when the residents take the time to ask me how I am and more importantly how my Goldie's are keeping. Barbara and I have formed a special bond because we share the same interest, a deep appreciation and love for our special companions, namely Barbara's Kira, a 'come-look-alike-whippet' (or as kindly informed by Elma, she is a Canis Africanis) and my 'Golden Girls', Lady & Girly. Barbara constantly reminds me about our 'kids'



play dates and let me just show her a moment's hesitation that I have forgotten – needless to say she won't let me forget!

Another favorite pastime is taking a stroll up to the gardens. The scent of herbs and florals that linger in the Herb Workshop is delightful. It is remarkable to see how the residents sit together at long workshops processing the plants which they planted and nurtured - truly inspiring. Each resident contributes something special in their own exceptional way.



Up at the Poultry Garden one is captured by the hustle-and-bustle of residents, chickens and a rather placid white and ginger cat named Eddie-Smith which takes no active interest in the chickens except to greet a certain chicken named Dora. He is a true Camphiller – living in peace and harmony with nature. Being an enthusiastic former chicken farmer myself (well I collected the eggs and washed them in a children's plastic pool) I parted with my first oil painting I painted of a spritely chicken named Shelly – I was looking for a suitable home for her. I presented Shelly as a gift to the residents here at Poultry Garden and I am thrilled to see her picture hanging in their new workshop.

What is truly beautiful to see and experience are the group homes here too. The homes operate as family units where each resident lives in an inclusive manner. They are given

an opportunity to live life to the fullest and are taught to be independent in a dignified manner. It is their home away from home and they often remind me to come and share a meal with them as I now am part of the family!

Lastly I would like to and thank our present & past donors, friends and family for your overwhelming support and interest in Camphill. Merely saying 'thank you' does not even begin to express our sincere gratitude and appreciation. We look forward new challenges, new opportunities and forming new friendships ahead!

In closing I would like to end off with a quote by Coretta Scott King who said, *The greatness of a community is most accurately measured by the compassionate actions of its members.*

**A huge thank-you to Rotary Hermanus for the Long-White Table event held on 31 January to raise funds for fire relief - and to those donors who donated so much in kind - you know who you are!**

## EURYTHMY AS HEALTH-GIVING AND THERAPY

By GERALYN LASET

**E**urythmy is a new art of movement and healing in our modern times. As such, it helps improve bodily strength of the human being, but also engenders warmth of feeling, strength of will and meaningful actions through movement exercises. These exercises are accompanied by gestures of specific

speech sounds and musical tones. These gestures are made visible by the person doing the movement themselves. Thus, Eurythmy is also called visible speech and visible music therapy.

We speak and sing with our limbs in Eury-



thmy. It is the only art that makes use of the human being as its instrument. The name Eurythmy indicates beautiful, rythmical and harmonious movement which is expressed by the human being doing Eurythmy and in doing so has a healing effect on one's whole being. Not only do our limbs speak and sing, but our soul and spirit are revealed through movement in Eurythmy.

Eurythmy has been an integral part of the life of Camphill Hermanus since the beginning when the School was being established in the 1960's and later on also in the Farm Community in the 1980's. It is an essential element of the curative educational approach with children in the School and of the social therapy of the residents in the Farm Community. Classes with children and adults, as well as individual therapies for specific illnesses and conditions, were conducted by Eurythmists who came as volunteers in the Community or as part-time staff. Eurythmy performances for festivals and by visiting stage groups were also done, thus enriching the cultural and spiritual life of both Camphill School and Camphill Farm Community.

Since 2016 the Eurythmy programme in the Farm Community has consisted of an adult class, individual therapies and performances during festivals. A total of 20 residents joined the programme.

In the adult class, great enjoyment is experienced with simple movement exercises. For example, the residents stand in a circle, move forward towards the centre of the circle with the word 'I' gesture then move backwards to the periphery with the 'A' gesture and make a round form in front with the 'O' gesture. This exercise creates a sense of well-being, a mood of harmony of being part of a group

and an experience of social interaction. These and other exercises brings one's consciousness and awareness into one's limbs and enables one to take hold of oneself.

With the individual therapies, four therapy periods of 7 weeks during the year are conducted. In each therapy period, four to six residents come for individual therapy. A total of 15 residents have had individual therapies in the past three years, some of them left and at present 8 residents have ongoing therapy. Each resident attends two therapy periods during the year. Conditions such as anxiety, hysteria, weight problems, allergies, rheumatoid arthritis, over-assertive sexuality, anger and aggression, depression, kyphosis, posture irregularities and motor disturbances, breathing and respiratory disturbances, epilepsy, ADHD, autism, schizophrenia among others have been addressed in the therapy.

What makes Eurythmy therapy special is that the residents are involved in their own healing because they learn to do the movement themselves.



# RESIDENTS

## RESIDENTS FORUM

The Residents forum is a platform for the voice of the residents living here at Camphill Farm Community. Meetings are held on a monthly basis and the topics are presented at the start of each Forum meeting. The residents are encouraged to speak freely and openly, articulating their needs and desires. In addition, the residents who attend the SA meeting in Cape Town and the Self-Advocates also take the opportunity to report back to the Camphill residents on what they have learnt at their meetings.

## RESIDENTS COUNCIL

By Caroline Bradley (Camphill Resident)

The Resident Council got started by attending the Residents Forum meeting to find out what the residents need and what ideas they would like to share. We have our own constitution and meet once a month. We write reports and this is discussed at our meetings (also once a month) with the management team.

We are involved with the fire drill practises, health and safety concerns, setting-up birthdays parties, farewells, concerts, anniversary celebrations and coffee bars.

In addition, we like to help arrange fun events for the residents such as movie nights and disco evenings.



Residents Council: Catherine Potton, Caroline Bradley, Hans Peyerl, Nicci Adriaanse & Brendon Minnaar

## SELF-ADVOCATES

Every two years 4 residents are chosen to represent our residents at the Self-Advocates group that is arranged by the Western Cape Forum for Intellectual Disabilities (WCFID) at Alexandra Hospital in Cape Town. The meetings take place quarterly and topics such as empowerment, rights and responsibilities are discussed.



Cornelia Alegi, Robin Grant, Caroline Bradley, Mark Meyer



Cornelia Alegi

## SELF-ADVOCACY:

An individual's ability to effectively communicate, convey, negotiate & accept responsibility for choices made







# HOME LIFE, BEING PART OF A CAMPHILL HOME

– Luzette Louw (Home Life Coordinator and House Leader, Melissa House)

**O**ur group homes at Camphill operate as family units where the residents live in an inclusive manner as equals, together with support staff and young volunteers. The rhythms of daily living are experienced together, including nutritious meals and helping with chores to the extent of their abilities. We give residents the opportunity to live life to the fullest. We teach them independence but we endeavour to make them feel that they're part of a family - their home away from home. Here the residents have the possibility of making friends and to visit each other, which they probably wouldn't have had.

Home life also comprises of weekly meetings where the seven house and assistant house leaders meet to discuss various topics and challenges that arise within the residential homes.

At Camphill the residents have a reason to get up in the morning and know what the word "meaning to life" stands for. Meal times are the perfect example where we chat about what everyone's plans are for the day. At lunch times we always have the best conversations, everyone shares how their day has been so far, whether it was good or bad.



Cinnabar House



Pollux House

Castor House



Protea House



Melissa House

Raphael House

Most of the time the funniest stories come to light.

Even though everyone has a different need in the house, we treat each other the same, and with, most importantly, with respect. Each person has something special that contributes towards the house and all of them express so much love and understanding towards each other.

Outings are also a firm favourite on the calendar, whether it's going to the cinema, a picnic at the beach, a boat trip or just a meal at the Spur (restaurant). It's an opportunity to do something special together.



## OUTINGS



# VOLUNTEERS

By Michelle van Zyl

**C**amphill Farm Community Hermanus has been providing young adults, locally and internationally with an opportunity to volunteer and work alongside our residents since its establishment in 1978. The majority of our international volunteers are from Germany, allotted through an organisation called De Freunde (De Freunde der Erziehungskunst Rudolph Steiners-Weltwaerts Program).

The volunteers for the past year have integrated well within the Camphill Community, contributing actively towards the residents' needs across all spectrums including the Community's cultural and social life.

In their respective homes, the volunteers are responsible for daily household chores such as cooking, cleaning and attending to the laundry. In the absence of the house leaders they take responsibility for the house and residents for short periods of time. In the various workshops, they work alongside residents and offer support to the workshop leaders and staff members.

We would like to take the opportunity to thank Vallery Wafula, Leonie Jacobi, Jonas Schwalenberg, Lucy Perera, Thalia Moller, Nele Wiemhoff, Aibou Hailu, Darius Saleki and Magdalena Kraft for your commitment, hard work and dedication this past year. Your invaluable time, enthusiasm and joy has left a mark within the heart of the Community, especially amongst the residents.



Back: Aibou Hailu, Vallery Wafula, Darius Saleki, Thalia Moller, Magdalena Kraft. Front: Leoni Jakobi, Lucy Perera, Nele Wiemhoff, Jonas Schwalenberg.

From everyone here at Camphill Farm Community we wish each of you the very best for your future – be the finest version of yourself!

**Unselfish and noble actions are the most radiant pages in the biography of souls**  
- David Thomas -

## Magdalena Kraft (Volunteer)

**H**ello, I am Magdalena and I am currently working in Castor House as a volunteer.

My time here is almost over and it's amazing to see the development that Camphill and also myself made.





I am working full time in the herb garden and in my first few months, our main task was to get the beds ready for planting. That was not easy and took a long time, because the soil was bad and the weeds seemed to have taken over.

Now, eleven months later, we have many beds with good soil, which is ready for new herbs to be planted. Instead of weeding, we can now concentrate on improving the quality.

In my house, there have also been a few changes. We have done a lot of fun things, like picnicking at the Salt Pan or celebrating my house leader's birthday (according to the candles on her cake, Elma turned eighteen years old that day, but numbers are very relative in my house).

Working with and for people was a new experience for me, since I came to Camphill directly after finishing school. So I obviously had to learn a lot, but everybody was kind and patient with me, even when I forgot the bread in the oven, or when I put too much salt into the soup.

We have grown together as a real family over the past year and I will always remember that.

Although the other volunteers and I are only at Camphill for one year, we try to make our contribution. We started the 'Dancing with Volunteers' every Sunday and organised a few movie nights in our Community Hall, with popcorn and everything.

In Summer we went to the Camphill School's pool and put on a little beach party... Yes, life at Camphill can be very exciting.

Our latest event was rather unexpected. On our 'off-day', we decided to go to the cinema and watch The Lion King. For that we wanted to take a few residents with us, who don't get out of Camphill often. However, the situation escalated a little bit and we ended up to be part of a big Camphill-outing with fifteen residents. Despite the rather unintended turn of our plans, we had a lot of fun.

So as I said earlier, Camphill went through quite a few changes since I came here, be it the big fire and the following reconstruction or the new people, that joined our Community. There will always be changes, even when I am not here anymore and that is a good thing. Change is the only constant thing in life and I am glad, that I was able to be a part of this life for one whole year.

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## FARM WORKSHOP By Duncan Clews (Farm Manager)

**T**he period under review has been one of the most eventful, even tumultuous in the history of the farm.

The big fire of 11 January 2019 came literally as a bolt from the blue, and represented both a disaster and a 'miracle' for the farm itself.

The miracle, for which we are eternally grateful, was that no lives were lost and that most of the buildings emerged from the conflagration unscathed. This was amazing considering the ferocity of the fire and the speed with which it moved. The disaster reflects the extensive damage to important parts of the farm infrastructure, including the barn which held a year's supply of straw, the loss of almost all of our bee hives, damage to our fencing and to lots of valuable equipment that stood outside. Reconstruction efforts are painstakingly slow and we await insurance pay-outs before being able to get back to where we were before.

A central part of the farm operation revolves around the dairy herd of 10 Jersey cows (and their calves) that we lovingly care for and who in return provide us with healthy milk that both sustains the Community and provides the means for us to make cheese, butter and ice cream.



The farm operation would not be possible without the energy and input of the residents who help with the innumerable daily tasks of pasture management, feeding and milking the cows etc. Egon Bonthuys and Brendon Minnaar work permanently with the farm team, while Catherine Potton and Sherise le Roux help regularly with milking the cows. Gerhard Rudolph is indispensable when it comes to cleaning and keeping the areas



around the farm buildings spick and span. Thanks to all of you!

The bee workshop was going from strength to strength until the destruction of the fire and the loss of almost all our hives was very painful to bear. Plans are underway to rebuild the apiary site on a more fire-protected site on the farm when the insurance pay-out comes through.

Control of invasive plants (most especially wattle and eucalyptus trees), forms another important aspect of work for the farm team. One of the effects of the fire was to kill almost all of the adult trees of these species, while at the same time stimulating millions of their seeds to germinate. We are currently engaged with outside contractors for help in removing vast tracts of these emerging seedling trees.

The farm team is thankful to the wider community for the support given to our work.



## DAIRY

By Duncan Clews (Farm Manager)

**T**he Dairy team at Camphill has the great privilege of providing the Community with milk and a range of healthy produce derived from it.

This includes delicious and healthy probiotic yoghurt and a creamy mozzarella cheese that reflects the wonderful milk that comes from our pasture-reared Jersey cows.

Betty-Lou Miller, one of the residents who works in the dairy, is responsible for making butter which is a task that she takes great pride in and has perfected over the years. Gerhard Rudolph takes great pride in the numerous tasks that he performs in, and around the dairy, especially regarding keeping everything spick 'n span in terms of cleaning and tidying up. Thanks to both of you!

A Community highlight on every second Friday afternoon is ice cream day. Here, all residents enjoy a scoop of delicious ice cream made by the dairy coordinator Yolisa Dudumashe.



## THE EGG GARDEN

Debi Diamond (Workshop Coordinator)



**T**he garden is approximately 1 hectare of land and fenced off into 4 fields. Originally the garden was designed specifically for hens and hogs. The fields have been planted with fruit trees (figs, mulberrys, quavas, pears, bananas, lemons, apples etc.), medicinal plants (mint, wildels, rosemary, St Helena etc.) and culinary plants (papino melons, clover, raspberries, comfrey etc.).

The garden is now in its 12th year of production and although we no longer have hogs, the chickens remain.

The chickens are rotated through these 4 fields and have access to the chicken house with lay boxes, so are free to roam around the field and come in to lay when they are ready. Lay boxes are cleaned regularly and lined with fresh grass and a sprinkling of dried herbs & citrus peels. Our Boschveld cross Road Island Reds are good foragers and so with time we are hoping to take them off the bought feed and rear them naturally on the vegetation in the fields.

Our selected broody hens successfully raise chicks and bring much merriment over the Spring and Summer seasons.

Currently the workshop provides meaningful work for 11 adult residents who actively participate in the daily farming and gardening activities. They give their best and continue to develop themselves, individually and as a team. It remains an honour to work with them.

We were assisted for a period of 12 months by

young German volunteers whose youthfulness is always greatly appreciated.



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## THE FOOD GARDEN By Debi Diamond (Workshop Coordinator)

**A**n area of land, parallel to the egg garden, is being developed into a small community food garden. The veggie beds have been raised in wooden boxes; not only does this prevent porcupine raids, but it assists our residents in more easily harvesting and maintaining the produce. A few setbacks from the fire, extreme weather and baboons, but the team is adamant that this workshop will succeed.



Currently the food garden provides salad packs and spinach to selected houses on a weekly basis.

Produce which has come from both gardens have included lemons, apples, bananas, mulberries, turnips, spinach, salads, granadillas, pears, figs, guavas, cabbages, kale and tons of love!

The January fire destroyed many fruit trees in the fields. However from generous donations we purchased and planted up new trees in the Autumn. It will be some time still until we are able to harvest delicious organic fruit again.

The daily farming and gardening tasks such as mucking out the hen house, cleaning & delivering of eggs, collecting house compost etc. are tasks that the residents manage very purposefully. The team is gaining a level of competency and, individually, residents are gaining a sense of worth.

I would like to use this opportunity to acknowledge the residents who work in both the Egg and Food gardens. Over the years of

being workshop coordinator, I have seen residents come into the garden “not being able” and over time developing an inner confidence that makes them completely able. In the beauty of these gardens, and with animals that have to be tended to, residents learn about team work, individual responsibility, conflict management and many other life-skills. Thanks especially to Bruce Fraser, a local volunteer, who quietly comes in every day and assists in all aspects of the workshops, egg and garden.

SPADES UPTO MY COLLEAGUES!



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## THE HERB GARDEN By Rowena Bell (Workshop Coordinator)

**T**he big event of the past year was the fire that swept through the farm on 11th January. It approached the garden with the intensity of a blowtorch, the flames engulfing the boundary vegetation, large areas of lavender and rosemary and both nurseries. By some miracle the fire ‘rolled over’ the herb garden and no one was harmed, leaving the greater part of the garden and workshop unscathed.

As devastating as the fire was, it has come as a blessing. The generosity of the wider community has been remarkable and the Herb Garden has benefited greatly, being gifted with helping hands, goodwill, a wendy house, seeds, plants and trees for which we are most grateful.

The Herb Garden provides a rich resource for the Community. There are currently 18 residents in the workshop, approximately half of whom process herbs and the other half work outdoors, weather-permitting. The volun-

teers have been excellent this past year contributing to the development of the garden. Hilda Hechter (retired staff member) continues to gift her mornings to workshop and is an exceptional mentor and volunteer. Theo Funani, whom we share with the Egg and Food Gardens, is a great support and loved by the residents.

The garden has grown considerably in diversity and fertility and we are managing to get the Sedge, *Cyperus esculentus* & *rotundus* under control. The workshop provides herb salt, mixed herbs, flower tea and lavender bags to the Community. The flower tea is our speciality! We sell small quantities of medicinal herbs to personalized clients who value our quality and show interest in our people. The residents feel acknowledged and appreciated when they see their work ‘bearing fruit’!

The highlights have been numerous this past





year: the workshop has a new fireplace and the garden has new olive, lemon, almond, water-bessie, pompom and liquid amber trees. We have made a lot of compost heaps which look like giant loaves of bread and four staff members recently went on a compost-making workshop. The outings to the dairy to bag straw and manure are always a joyful occasion. The vibrant orange and yellow Calendula flowers bring us cheer in the winter cold. There is so much to be grateful for in our workshop.

Our ongoing focus is to grow a beautiful garden and to provide a meaningful workplace that gives dignity and quality of life to our residents. After all it was Dostoevsky's prophetic remark, that 'beauty will save the world', which highlights the importance of beauty in our lives. All in all it has been a most rewarding year and our thanks to all who have contributed to the Herb Garden!

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## THE CRAFT WORKSHOP Erika Nagel (Workshop Coordinator)

**G**ladys Mhango, who left in June, was a skilled lady that took the lead and guided in a special way. She was an appreciated and respected colleague, from who's knowledge and experience I have learned a lot.

The staff of Camphill is extremely able, friendly and open and are specially appreciated as strong leaders to the residents.

The residents are unique each in their special way. They are generally calm and peaceful



with only minor incidents. Each resident has his or her own set of skills, practised

according to their own ability. We have to find ways in which their crafts can be elevated to more useful and practical objects.

The workshop is equipped with the basic necessities. I have found that the residents are not completely able to operate the sewing machine and doubt that they will be able to fully master this skill. They are very capable of knitting and some can crochet. There is a definite need for good quality wool, as this improves the quality of their work. Some residents assured me that they can embroider, but the standard of their work is still very low. It leaves the impression that this skill was taught to further develop their fine motor skills.



It is a great honour to be part of Camphill. I'm looking forward to a long and deep connection with both residents and volunteer.

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## FACILITIES TEAM By Giel Pretorius (Facilities Manager)

**I**n the ten years that I have lived at Camphill, the beginning of January 2019 was the worst month for me.

I always thought that we were a safe Community, although fire was always at the back of my mind, but then mother nature came and showed me that one could never be prepared enough and that no place is untouchable. I believe that the fire was meant to happen to clear all the bushes around us and to give mother nature a new life. There are so many new flowers and fynbos that came up again. I am just glad and thank God every day that not one of our residents or staff members got hurt.

In the beginning it was very sad to see our beautiful Hemel-en-Aarde Valley like this, but





once we started cleaning up, preparing and installing new water lines and power lines, we started to gain hope.

It was heart-breaking to see our existing barn burn down in front of my eyes, but we as the facilities team look forward to a new building in its place. The fire required a lot of man hours with cleaning and clearing up and we are still in progress.

To the facilities team, I would like to say thank you for all your hard work. You are all wonderful, always willing to help and go the extra mile. Then I would like to thank our

residents for assisting the facilities team - thank you so much for your hard work and dedication. Without you all our days would have been very dull.

Darius, our volunteer who joined our team for most of the year, we say thanks for being there for our residents, guiding and helping them with their work maintaining the estate.

There is a lot of preparing that needs to be done for the Dialogue 2020 conference which will be hosted here at Camphill Community Hermanus and we are looking forward to this big event.

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## SOCIAL CARE

By Brooke de Bruyn (Social Worker)

I am the new social worker at Camphill and so far it's been a very colourful experience. I've never experienced anything quite like it. Thinking back to my first week on the farm, from the moment my favourite pair of shoes became victim to a fresh heap of cow manure, I was immediately humbled by the nature of Camphill. I came to the quick realization that Camphill would be a period of continuous learning for me and that it has certainly been. I've only spent a short period of time here, but I feel a lot has been gained, including some indestructible hiking boots'.

I've thoroughly enjoyed getting to learn about how the Camphill Community functions, taking part in the various aspects of Camphill life, as well as forming relationships with the unique people that collectively make up the whole. It has been a great pleasure getting to know the wonderful Camphill residents more and more each day. I've had the

privilege of interacting with residents in their workshops and have gained a deeper understanding and insight into who they are and the creative and invaluable ways in which they contribute towards the Community. I also have found a lot of fulfillment in working with a few residents individually, in a one-on-one therapeutic setting.



We were able to revive the Men's group, which is a psycho-educational group for our male residents at Camphill. This group help

to equip male residents with knowledge and skills around their sexuality and social behaviour. It has been well received by the residents and is facilitated by Denver Scheepers, a skilled facilitator from Hermanus, every second Saturday.

I and other staff members have been fortunate enough to attend various training workshops throughout the year. These workshops aim to better equip us to meet the residents' individual needs and create a positive, empowering and nurturing environment for them.



Three day Challenging Behavior Workshop for Farm and School

Our fundraiser, Michelle, and I have started to focus our efforts on celebrating various

days of disability at Camphill. In May we celebrated National Epilepsy week by going around to each workshop and giving a brief informative talk on epilepsy, as well as facilitating discussions around epilepsy with staff and residents.

The role of a social worker at Camphill, I'm discovering, is demanding and filled with challenges and responsibilities. However, it also comes with an unexpected and overwhelming joy, that makes up for the difficult parts. I am thankful for the space I occupy in this Community and I hope that the rest of my time here continues to be filled with growth. I also hope that I'm able to give back even a portion of what the residents have given me already.

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**Empathy has no script. There is no right or wrong way to do it. It's simply listening, holding space, holding judgement, emotionally connecting, and communicating that incredibly healing message of "you're not alone."**

- Brene Brown

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## NEWBIES



Erika Nagel (Craft Workshop Leader); Michelle van Zyl (Fundraiser & PR); Brooke de Bruyn (Social Worker); Rita Sinuka (Assistant House Leader); Sindiswa Mdoana (Assistant Diary Coordinator); Masixole Mthini (Intern - Egg & Food garden)

## FIRE & AFTER



BEFORE



AFTER







## DONATIONS (April 2018 - March 2019)

Donor	Amount	Total
<b>DONATIONS - GENERAL:</b>		
Association of Camphill Communities (UK & Ireland) .....		404 675
Donation Boxes .....		10 885
Fire Relief .....		361 913
• Alan & Emelia Knight .....	1 000	
• Bury .....	1 000	
• Robin Richards .....	2 000	
• Yves & Mandy D'Halluin .....	100 000	
• Van Der Westhuizen .....	5 000	
• Trevor Edwards .....	10 000	
• Polonsky Family .....	50 000	
• Michael Mortley .....	5 000	
• Hermanus Masonic Lodge .....	20 000	
• Michael Heyns & Friends .....	3 460	
• Woord in Praktyk .....	10 000	
• CH Brink Family .....	50 000	
• Overstrand Municipality .....	5 000	
• SANTA .....	2 000	
• John & Margaret Coates .....	250	
• McKensie Family .....	8 600	
• Peter Hochschild .....	20 890	
• Le Schonknecht Gif .....	5 000	
• Ackerman Family Foundation .....	20 000	
• Rotary Claremont .....	25 000	
• The Village Stall .....	30	
• KLS Consulting Engineers .....	1 000	
• CCS Plant Hire .....	5 293	
• Quoin Construction .....	400	
• Viljoen/Snape & Friends .....	4 940	
• Anonymous .....	6 050	
My School .....		7 632
Anonymous .....		8 830
Ray Potton .....		76 617
Tokara (GT & Anne-Mare Ferreira) .....		60 000
Gray Trust .....		20 000
Mathers Trust .....		20 000
ER Tonnesen Trust .....		47 250
Berna vd Merwe .....		100
Yves & Mandy D'Halluin .....		20 000
CFA Sportsday Trust .....		5 000
Allnut Family Trust .....		4 000
JW Hudleston .....		8 000
Sharon Abbot .....		5 000
Fuchs Foundation .....		10 000
<b>OTHER FINANCIAL SUPPORT:</b>		
Association of Camphill Communities (UK & Ireland) .....		360 000
<b>DONATIONS - GRAND TOTAL:</b>		<b>1 429 902</b>

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Bank: First National Bank | Branch Code: 200 412  
Account Name: Camphill Farm Community Hermanus  
Account Number: 5247 070 1065 | Account Type: Cheque  
Swift/IBAN: FIRNZAJJ



**You can do what I cannot do. I can do what you cannot do.  
Together we can do great things.  
- Mother Teresa**



## Camphill Farm Community Hermanus

*Quality of life for adults with intellectual disabilities*



I am not I.  
I am this one  
walking beside me whom I do not see,  
whom at times I manage to visit,  
and whom at other times I forget;  
who remains calm and silent while I talk,  
and forgives, gently, when I hate,  
who walks where I am not,  
who will remain standing when I die.

Juan Ramón Jiménez 1881–1958

