



# Camphill Farm Community Hermanus

*Quality of life for adults with intellectual disabilities*



## ANNUAL REPORT 2023



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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, 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 the 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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Today all people still love their own opinions. Love stands above opinions only when people can get along despite the most diverse beliefs. With love above all, the greatest variety of convictions can exist side by side. Then individual opinions do not work alone, but rather all work together in a great choir. - Rudolf Steiner

## CHAIRMAN'S REPORT by Raymond Potton

*The Camphill Movement is an attempt, an impulse, a community of men and women who try to live and work in common for a spiritual purpose. Karl König (1902 -1966).*

In the early years Camphill was run by co-workers(volunteers) who worked in a voluntary capacity dedicated to life-sharing with the residents within Community. A Camphill Community is therefor much more than just a collection of individuals.



However times have changed: no longer is Camphill staffed by volunteers. The Community is now staffed by paid employees who are recruited and trained to perform specific functions to ensure a safe and secure environment for the residents.

Under the management of an Executive Manager, who oversees the daily running of the organisation and reports directly to the Board, there are House Leaders, a Social Worker, an Occupational Therapist, Workshop Co-ordinators, and an Administrative Office.

These changes have also required that we have a number of outside service providers to assist with various tasks such as a Nursing Sister, HR and legal advisors to ensure that we stay

on the straight and narrow, adhering to all the legal requirements as prescribed by the law.

Since implementing the changes listed above, we have had to make a number of changes to the way we operate and I am sure that those who started Camphill Hermanus all those years ago will not recognise the organisational structure today; but I am sure that they will all agree that the organisation's priority is still the safety and well-being of the residents.



We are indeed fortunate to have some of the old timers still with us, who can pass on the Camphill ethos to the new staff who join our Community.

We would like to thank Sam Hodson, our previous Executive Manager, for the time he spent at Camphill.

We were fortunate to secure the services of Kurt Mätschke to take over as the Executive Manager of Camphill and he is really fitting in well. We hope he has a long and happy career with us.

We have taken the decision to keep Camphill a Community Farm - thereby concentrating on producing mainly for the Community.

The Poultry Garden Workshop will supply poultry and eggs and we are restarting the apiary that was destroyed by the fires in 2019. The bees will be managed by an outside entity. We also have a Community



vegetable garden providing a limited supply of fresh vegetables. We have additional workshops such as the Herb Garden

that provides herbal teas, herbal salts and Hendrik's famous chillies.

There are a number of other Workshops, providing employment and training to our residents. These Workshops include the Farm, Facilities and Crafts.

There have been a number of questions regarding the purpose of the Board and their responsibilities. Camphill is a not-for-profit company that consists of members who have been invited to become members.

Their eligibility for membership is dependent on them being committed to the objectives and philosophy of Camphill. The Board of Camphill is selected from and approved by the membership at the AGM. The Board exists to oversee the management of the company and to ensure that the finances are well looked after.

The Board is also responsible for the direction of the company in to the future to ensure that it remains relevant and fit for purpose despite the changing world we live in. As a Board, we do

not interfere with the daily operations of the organisation as we rely on the senior management team to ensure that this is done, but we are always available to give them advice. Board Members are not remunerated for their services to the company.

As Chairman, I have been blessed with a strong team of fellow Board Members and I would like to especially mention Geoffrey Weir and Colm Greene for all the work they have put into ensuring Camphill is well run.

I would also like to thank the [Association of Camphill Communities \(UK and Ireland\)](#) for all their support, both financially and in many other ways. Thank you.

A big thank you also to all our local donors who give generously to ensure that the Community remains workable. Our Residential Houses are ageing and in need of refurbishment. We are currently developing plans for upgrades to be undertaken. A number of urgently required repairs have already been completed. Finally, I would like to say a huge thank you to all our staff and support staff for all you do for our residents. Your love and care makes a huge impact in their lives.

The joy I experience, as I am sure you all do, when arriving at Camphill is a reflection of a happy group of residents who are content with their living experience.

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#### **BOARD MEMBERS (to March 2023)**

Ray Potton (chairman) • Esther Zietsman (vice chairman)  
Colm Greene • Geoffrey Weir BSc FCA IBA • Julio Laset • Elma Young

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## FROM THE EXECUTIVE MANAGER'S DESK by Kurt Mätschke

**T**he past year has seen many new developments happening at Camphill Farm Community Hermanus, with the most changes occurring on the staffing side.

The previous Executive Manager, Sam Hodson exited the position in October 2022 and we would like to thank him for his efforts in managing the Community since 2016. He was faced with many tasks and managed the Community through the Valley fires of 2019 and the Covid-19 pandemic. He was a popular figure among the staff and the parents and is missed by all. We wish him all the best with his new ventures.

We would also like to thank Sally Titlestad, who regardless of being the Social Worker, also had to manage the Community in the absence of a acting Executive Manager. Although Sally was challenged in fulfilling all her roles, she did it with professionalism and managed to see our Community through a difficult transitional period.

Sally retired as of the end of July and will be contracted in if the need for her expertise will be required with Camphill Farm Community Hermanus. We wish to thank her for the structure she has brought to the position of Social Worker, and we are delighted that she will remain available to assist us in an ever-changing work environment. We are also glad to announce that the Social Worker position has been filled by Marcia Makapela who started on 1 July. We look forward to her contribution and the expertise which she will

bring and trust that she will find a special place in each of our residents' hearts very soon.



The acting farmer Martin O'Carell turned 69 and decided that he is ready to take life a bit easier. He was with Camphill for about three years, firstly as a volunteer and then for the past year as acting farm manager. Martin has been an example of what can be accomplished through dedicated hard work. Thank you Martin for your dedication and creating a friendly environment for all who had contact with you.



This position has now been filled by Bryon Sharpe who has been in the Community for the past 3 years managing the Herb Garden Workshop. We wish him well in this new position.

The fires of 2019, which raged through the Valley, destroyed most of our beehives, and only 4 of the 33 beehives survived. We were fortunate to receive 40 new beehives from Paul Bruwer from Struisbaai who practices bee pollination. He will service the hives and will donate the honey of 16 hives back to Camphill Farm Community for internal distribution and the excess will be for trading purposes at

various markets. Our 7 Residential Houses, which accommodates 53 residents, are in need of maintenance. Through the efforts of our hard-working Fundraiser, Michelle van Zyl, we have received several donations and have started upgrading certain homes.

Melissa House is currently receiving upgrades to the 3 bathrooms, and the interior is being modernised to give a fresh new look. We hope that our residents and staff will enjoy the improvements.

Cinnabar House has received a new roof to the staff quarters, and the roof of the Phila Therapy Centre has been repaired and sealed just in time for the winter. Thank you to all the contributors for your continued support.

The position as Executive Manager at Camphill has thus far been challenging, but very rewarding. My goal going forward is to introduce new workshops and improve the current ones which have been giving our residents meaning to their lives.

We must never underestimate the value of meaningful work in a community and feeling appreciated at all times.

With the new management team and the wonderful residents, I am sure that Camphill Farm Community will continue to flourish.

Lastly, I would like to thank the Chairman and the Board of Directors for their continued support and guidance throughout the past year. These are individuals who devote so much of their time to Camphill without any form of compensation.

In particular, we thank Geoffrey Weir who has travelled to Camphill on countless occasions from Ireland in order to provide his services to our Community.

We are blessed to have individuals who devote so much of their time to make Camphill Farm Community Hermanus a safe and thriving environment for our residents.

**In each of these lives is the potential to make the world a better place for all.**





## A BRIEF OVERVIEW OF CAMPHILL FARM COMMUNITY HERMANUS

by Michelle van Zyl

### Overview

Camphill Farm Community Hermanus (Camphill) has 45 years of experience in supported Residential Houses (communal homes) and work for intellectually and physical disabled adults (residents), as well as hosting and providing skills development for volunteers locally and or internationally.

It is a stable and well-known organisation based in Hermanus, in the Western Cape, South Africa; with a reputation for support to those individuals who have care needs due to their disabilities.



### Background

Since 1978, Camphill has been providing managed shelter and support to residents with intellectual disabilities in order for them to experience a better quality of life, together with meaningful and dignified work.



The residents are currently between the ages of 20 and 74. Every person, however complex their individual needs may be, is valued as a unique being who takes responsibility for his or her own life. Our 7 Residential Group homes,

which operate as family units, where the residents live in an inclusive manner as equals with support staff and volunteers. The rhythms of daily living are experienced together, including nutritious meals and helping with household chores to the extent of their abilities. The residents also enjoy a rich and varied cultural life throughout the year.

### Impact through meaningful work

Besides offering residential care, Camphill Community Farm, provides basic foodstuffs to the Community from the established food gardens. The garden team delivers fresh produce once a week to all the Residential Houses. Of the 180ha we have 40ha of arable pastures for our cattle.



Full time staff members and volunteers work alongside the residents in their homes and in their work environment. On weekdays everyone goes off to their place of work (Workshops).

Workshops offered to the residents are:

- Crafts Workshop
- Poultry (Egg) and Food Garden Workshop
- Herb Workshop (Garden and Processing)
- Farm Workshop
- Facilities / Estate Team

**The primary purpose of these workshops**



## **is to provide meaningful employment for the residents at Camphill.**

The garden workshops are a wonderful opportunity for an outdoor classroom and provides a rich environment for skills development across many levels. The Facilities team have an enormous task of keeping the entire Estate and all of the buildings in tip-top condition with limited resources throughout the year.

These Workshops really do become part of the resident's identity and they take great pride in their work. The products which they process and produce are: herb salts, health teas, medicinal herbs, eggs, honey, uniquely hand-made material bags and an assortment of hand-made craft items. There is a small, but steady income from these sales. The various Workshops then have opportunities to proudly showcase and sell their products at local markets, events and various outlets; an example of this is where Camphill was invited to participate as a vendor and was nominated as a beneficiary at the annual Tokara Rare Plant Fair and Open Garden at TOKARA Wine Estate, near Stellenbosch. This fair attracts approximately 2000 people from all over South Africa and this was the fourth consecutive year in which Camphill was invited.

### **Therapeutic Interventions**

Our therapeutic interventions assist the residents with their emotional, physical and cognitive development, teaching the residents to be calm and centre themselves. Great enjoyment is experienced across all the multi-disciplines and projects. Residents are also

involved in their own healing process.

The Therapeutic interventions are:

- Therapeutic Art
- Orchestra
- Drumming and Marimba
- Eurythmy (visible speech and music)
- Festivals
- Drama performances
- Occupational Therapy (group sessions)
- include mosaic, leather making and baking)
- Yoga

The residents also have occasions during the course of the year to have their artworks exhibited and sold at various exhibitions at local galleries in Hermanus, such as the well-known Night of 1000 Drawings. Some of the residents were also extremely proud to have participated in special events such as in the Paralym Art World Cup 2021. The Paralym Art World Cup is an international competition for artists with disabilities to shine. Take the time to visit our website and view the video that was made specifically for this occasion!

### **Help us to make an IMPACT in the lives of our residents**

Regular donations and subsidies give us the opportunities to improve the environment in which we need to operate and supply the necessary services to those individuals with special needs who have been placed in our care. Thank you to each and every person who plays a role in supporting Camphill's vision and ethos to improve the lives of our residents - in *this* extraordinary environment - adding a calming and supportive aspect to their lives, however complex their individual needs maybe.

## **FESTIVALS & CULTURE** by Elma Young

### **Festivals Performed**

**T**he residents participate in various festivals, which include Eurythmy and drama performances, throughout the year. Festivals performed broaden the social and cultural lives of the residents.

### **St Johns**

Geralyn Laset did her magic with Group Eurythmy. She and her husband, Dr Julio and son, Emmanuel, performed Eurythmy for us; and Emmanuel and Betty-Lou played lovely music. Afterwards hand-written pieces of paper (with residents expressing thoughts of negativity, which they wished to get rid of; or something positive they wished for) was then burnt in a fire-pit set up outside the Hall, after the performance.



### **Michaelmas**

Elizabeth Reppel presented a stunning play with original music conducted by Christoph Reppel, played by himself and Alix our volunteer. The play was about a king with three



sons who had to overcome certain obstacles to win the hand of a beautiful princess. Michaelmas is about conquering the dragon in us, and this the youngest brother managed beautifully. The two eldest sons were arrogant and did not succeed. The youngest was humble and filled with love for all things; and he did. In addition, at the end, he saved his brothers as well as forgiving them.



### **1st Advent Spiral**

The Advent Spiral honours taking light into darkness. Each resident/staff member walks with a lit candle to the centre of the spiral; to be then placed in the middle of the spiral itself. The Lasets and Reppels played lyre music to set the tone and mood.



## 2nd Advent

We took our candles down to the graveyard to remember those in our lives who had passed on. Although we only place the candles on the graves of those who are buried in our cemetery, we do remember all our loved ones who are not with us anymore.



There was beautiful Eurythmy to honour the second advent. The residents then formed a cross on stage. This was not an easy task!



## 3rd Advent



Alix playing the violin; Eurythmy by GERALYN.

## 4th Advent

Elizabeth Reppel recited a captivating Christmas story.



## Decorating the Christmas tree

The tree in Mercury Hall was decorated for Christmas Eve.



## Christmas Eve

Elizabeth presented a traditional Christmas play commemorating the birth of Jesus and the visit by the shepherds.



## Three Kings' Festival - 6 January 2023

The Three Kings' play - again directed by Elizabeth, was appreciated by all. It tells the story of the Three Kings (or Three Wise Men) visiting the new-born Jesus; first asking Kind Herod for directions and then taking a different route when they leave.



## Three Kings Spray

Also on 6 January is the stirring and spraying of the The Three King's Preparation, consisting of the three gifts of the wise men – gold, frankincense and myrrh. The preparation is stirred in warm water for an hour. This preparation is then sprayed around the perimeter of Camphill Farm and School for protection and gratitude.



## Palm Sunday

We commemorate the entry of Christ into Jerusalem on Palm Sunday by walking with palm branches from the Dairy to Mercury Hall.



## Holy Week Festival

Each day of the week was presented by a special tree. For Holy Week each house had to prepare something about one of the trees - describing it by reciting a poem, telling a story, plus painting or drawing it.

Every person in each Residential House participated in their house's presentation. The creativity that we experienced was heart warming! Betty-Lou provided the music - beautifully played.



Every house presented their selected tree.

## Silent Supper

There is no talking during Silent Supper, which on the whole was remarkably quiet. Some of the new residents found this a bit challenging though!



## Good Friday

The seven last words of Christ on the Cross were read, enclosed in a remarkable poem by Harry Wiggett.



## Easter Sunday

Another enchanting play by Elizabeth, with freshly composed music by Christoph. A story about three brothers, with the youngest overcoming his fears and winning the hand of a beautiful princess, (who was trapped in a mask: a death-like structure). Only by the youngest brother's sacrifice could she be released.



## Ascension Day

After a short piece explaining Ascension, we took a slow and quiet mindfulness walk up the hill to Castor House.





## Whitsun (Pentecost)

St John 1:1-5 was read in various languages, starting with English to commemorate the Holy Spirit descending on the Disciples which enabled many people to understand their different languages.



## Services

Most Sundays we celebrate an Offering Service, which is a non-denominational lay service. Every two months the Christian Community priest from Cape Town, Rev. Richard Goodall, celebrates The Act of Consecration of Man. In addition, Rev. Goodall tells beautiful and thought provoking stories to our residents on Saturday afternoons, when he visits.

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## RESIDENTS

### MEET TWO OF OUR RESIDENTS, THEIR STORY



**Oleg Kotzuba** - I was born in Mowbray Maternity Hospital. I went to school to Michael Oak Waldorf School with my siblings. My father was a class teacher there for 30 years. My mother was a eurythmist. Then I had a little bit of home schooling with my maternal grandfather.

I also spent three months at the Adventure Centre in the Karoo. They produced goats' milk and cheese that was sold in Plettenburg Bay. I then worked at Checkers supermarket in Knysna making pizza. Then, also was working at Camphill Village West Coast for 17 years - with gardening; also dairy, where I helped milk the cows. I stopped milking the cows as I wanted to do different things. After that I was working at Vera School in Rondebosch for 15 years. I mowed the lawn. I also did work in the kitchen there. I helped with catering functions. It was nice being in Cape Town. Sometimes I took a walk. I walked from Vera School to Simons Town and back.

Here at Camphill Farm Hermanus I work in the Herb Garden. I love herbs, it is interesting, helpful and healing. I love the teas and the fragrance of the herbs. We need to make the soil healthy. My sister works at a Camphill in Germany. My Kotzuba grandfather made a piece of jewellery for the foundation of Cloister House at Camphill School Hermanus. My hobbies are walking and studying biblical books. It keeps my mind occupied.



**Duncan Badnall** - I was born in Johannesburg and went to kindergarten in Bryanston. I went to Cresset House for a bit, but did not like it very much. I was in Casa do Sol School as well. I have been at Camphill for a long time. I started at the School in 1976 when I was 17 and stayed with Lawrence and Ingrid Adler in Bohemia House. Lawrence had visited me at Casa do Sol and said that there was a place for me at Camphill

School. I came to the Farm when I was 21 years old. We had my 21st in the old Assembly Room.

I used to work with Hans-Jorge in Woodwork. We made a lot of school desks. Dawid Beuster came after Hans-Jorge. We made beds with slats. We loaded a bed onto the bakkie and it was difficult to get it into Capella House and then upstairs, the door was very narrow. I suggested to turn the bed upright and then it got in. Then André from Russia came and I had to teach him all the English names of the tools.

I also worked on the Farm with Tim Christiansen and David Barlow. I helped David to take big stumps and load them onto the trailer and take them to the Dam Field. Afterwards I worked in the old Veggie Garden: where the Hall was built. Jan was there and we used to deliver veggies to the Farm and School in wheelbarrows. The Orchard was where the dam is now. David Barlow started the Estate Group and was the work master then.

I am in Maintenance now and mow the lawn. I did that with my father years ago. I love mowing the lawn. When my dad was alive he took me on train trips. Sometimes short ones, but also long ones when we went on holiday with my family. I love trains. I am very happy at Camphill. I am happy in the Maintenance team and in my house, Pollux.



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### Residents Forum

The Residents Forum is held every month to provide an opportunity for residents to express what is on their hearts. It builds self-confidence as each resident comes to the front of their peers to say their bit.

Residents express their views, *it helps when something is spoken about and everyone knows how people feel about things - then there is no reason to wonder why or what is going on.*





## Residents Committee



Brendon Minnaar, Nicky Adriaanse, Cornelia Alegi, Duncan Badnall, Catherine Potton, Emmanuel Laset, Mark Meyer, with Chetna Vallabh in front.

Some of the committee members stated what the Committee means to them, '*I practiced standing up for myself and to be confident with myself. I learned to grow up a bit more. Help with functions - I enjoy doing this. I enjoy to talk to people and to help people*'.

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## IN MEMORIA - David Cumpsty

21 October 1963 – 14 March 2023



**D**avid spent 42 years at Camphill, first at the School and then at the Farm. He brought great joy to everyone – always ready with a joke and a cheeky smile. His brother from the USA was here for his last days and attended his Memorial Gathering, which although sad, was also a joyous occasion as people recounted their fond memories of David.



Emmanuel's drawing of David going up to heaven

## Raphael House

From his House Leader, Charlene Matinka: "Sadly, we lost one of our family members at Raphael House, David Cumpsty. His sudden death was a shock to everyone. We held a beautiful memorial gathering to say our last goodbyes. We will always miss him. The Raphael residents compiled a memory box and held a small personal service, thereafter they placed the box in Raphael's garden."



## YOUNG VOLUNTEERS



**A**fter our De Freunde Volunteers from Germany left, we were still fortunate to have Alix Regenass from Switzerland, in the Community. She was a great help. She lived at Labora House and worked at the Herb Garden Workshop. She was always willing to assist where needed, helping at D-Store (also known as the Social Space) and Movie Nights at the Hall; with help from Bryon and certain house staff. She also played the violin like a pro and accompanied Christoph in playing classical music for one of our plays. At times Alix also played the violin at our services.



At the beginning of the year, Leonie Jost, an ex De Freunde Volunteer came for three months, staying at Melissa House and assisting in the Egg Garden. She knew the ropes and just slotted in as if she had never left. She helped with Movie Nights and Social Space and presented an art group once a week.



Mark-Eric Schwentke, also ex- De Freunde Volunteer, came for a two week stay. He painted a eye-catching mural in our D-Store.

All three brought something special to our Community – Thank you!

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## SOCIAL CARE by Sally Titlestad (Social Worker)

### Working with loss, grief and change; celebrating the positives

**T**he 2022-23 year has been a year of change at Camphill. The management team with the Social Worker, Occupational Therapist and new Homelife Co-ordinator have endeavoured to stabilise and be there to acknowledge the changes and to help everyone to deal with it. A challenging task, but one that has had much joy being shared with the appointment of Charlene Matinka as new Homelife Co-ordinator in March 2023.



The ability to go to town post pandemic, and be part of the greater Hermanus community again, has been celebrated many times over with picnics and outings to the Spur. We have again been able to celebrate the beauty and awe of the natural environment on our Farm and beyond the immediate community, and it has warmed all our hearts, even on the cold days.

### Social Care training for women on the autism spectrum in managing their emotions:

The long standing group known colloquially as 'the anxiety group' has continued throughout the year in getting to know in recognising the messages that our bodies send us about feelings and then exploring various ways to manage those feelings and the messages.

We have continued to work on learning to be in the present and notice the messages as soon as possible, estimate the size of the potential problem, and implement strategies to settle ourselves. The skills for reducing anxiety continue to be practised in the group.

Rosie and Zara, two Australian shepherd dogs, have been an integral part of the group and the Community and have cheered people up daily with their friendly licks and wags.



### **Lentegeur Hospital and local Mental Health Services**

With regular contact and communication our relationships with Lentegeur Hospital and with local community mental health services, have been strengthened over the last year.

We have been able to provide earlier assistance to a number of our residents who have challenges with mental health issues, and we are deeply grateful to Marcellus Muthien and to Drs Froneman and Mouton at Hermanus Hospital for their positive contributions.

### **Admissions**

Camphill Farm Community was at full capacity during certain parts of last year, which is a real achievement for the Community! Our admission criteria is a guiding tool which allows us to do accurate assessments of new applicants and assure that placements in the Community are done in such a way that all feel welcome and have an instant sense of belonging. In our efforts to present a service of excellence, training has continued in all aspects of staff development and the staff are most grateful for the extension of their practises and knowledge.

Towards the end 2022 certain residents relocated, which in some instances were difficult for those who had built close friendships with them. The remaining residents were supported, and coping mechanisms were implemented. We continue to provide residential services and protective workshops for up to 53 full time residents, and day-time protective workshop, and home care services to a select few day residents.

### **Care Plans and Assessments**

Individual development and care plans (IDP) have continued with input from families where possible. The appointment of a full-time Occupational Therapist on the staff has improved our Social Care and assessment capacity, which benefits the residents. I will be leaving Camphill at the end of July 2023, and wish the new Social Worker, Marcia Makapela, and the wonderful Camphill Farm Community the very best in the years to come. I will always remember each one.

## OCCUPATIONAL THERAPY

by Coerien Pretorius  
(Occupational Therapist)

As of June, it has been one year since I started at Camphill Farm Community Hermanus. Within the first three months, it became clear that half days were not enough, and I joined the Community full time.



### Developing skills through activities

Residents are invited to groups that I facilitate. The groups are activity-based and it is through the shared participation that skills are developed. The groups include a **tradesman group**, where we spend a lot of time creating items with leather, polymer clay, paper and all sorts of different mediums. A **craftsman group**, where we spend time creating beautiful objects and exploring our creativity. A **foodie group**, where residents have the opportunity to nurture their fellow Community members through the creation of various food items, including home-made pasta! We also have a **social group**, where specifically our residents with Autism have a safe space to explore the subtleties of socialising and navigating human relationships through social games.

Slowly but surely, the residents are exploring ideas from creating things for themselves, to creating items they can gift to others – what a lovely skill to develop. Some groups are highly energetic and full of fun, while others are quiet



and mindful. It is wonderful to see each group take ownership of the space and make it therapeutic and healing for themselves. It is through doing, that the residents are able to develop the skills they need to successfully navigate the world around them.



Our swimming team, The Plonky Penguins, has also been in full swing this past year. Three residents, namely Catherine Groenwald, Betty-Lou Miller and Dale Muir, participated in the open water Bridge House Mile Swim, in Franschoek, despite the cold and rainy weather.



Thank you to Michelle van Zyl and Sally Titlestad who encouraged the team twice a week at the poolside. Then, in particular, we would like to thank Val Jackson for her dedication and commitment to the swimmers; volunteering her time this past year supervising the team at Curro School. It has been a privilege to watch residents surpass their own expectations of what they are capable of and to see their sense of accomplishment.

Thank you to every person who has contributed to our OT space.

## **SOCIAL** by Elma Young

### **Community Braai 28 Sept 2022**



Thank you to everyone who assisted on the day.

### **Ndlovu Youth Choir Outing**



A major highlight and immensely enjoyable theater performance was held at the

Artscape theater in Cape Town. We hired the Hermanus High School bus, and after some difficulties turning the bus on our narrow dirt road, we were on our way.

The performance was fantastic and afterwards there was a photo shoot opportunity where our residents met some of the choir performers. Returning home everyone was overjoyed, despite being tired and looking forward to the pizzas awaiting them at home: this gave them a new spark of energy for the last stretch of the journey.



### **Ralph's 60th Communal Birthday Lunch**

Ralph's 60th birthday was a memorable event. His friend Naomi from Cape Town came to make his day extra special.



### **Baking cookies**

Alix helped some of the residents bake cookies – of course the eating part was their favourite!



### **Dancing and playing pool at D-Store (Social Space)**

The D-Store is run by our young volunteers, with the assistance of Bryon and various staff members. The Residents dance, play pool and table tennis or just chill. It often is alternated by a Movie Night at Mercury Hall. During winter there is usually a break.



### **Camphill School's 70th Celebration**

Camphill School celebrated their 70th in 2022. There was an entire day of feasting to commemorate this happy historical event. The Residents' Committee and some of our staff members attended the morning School concert, in which the different classes performed delightful short plays. There were also speeches from various role players affiliated with the School. For lunch the entire Farm Community were invited for hot dogs and ice-cream.





### **Family Day 16 December 2022**

Although the weather did not play along, a great day was celebrated by all. Christoph and the orchestra performed a wonderful concert. Sue and the dance group held an interactive fun fashion show and afterwards encouraged audience participation in dancing.



Drumming and marimbas also featured - a firm favourite! Our residents loved showcasing their talents and being watched by family members. After the activities some parents went to the houses for a picnic as it unfortunately began pouring with rain.



### **Baking cookies with Coerien for Christmas**

Over the Christmas period there were only three Residential Houses open. Coerien came and baked cookies with the residents at Protea



and Raphael House for Christmas. They also made lovely Christmas decorations.

### **Christmas Day Braai and New Year's Day braai at Raphael House**



The remaining residents at Camphill came together for a braai at Raphael House for Christmas and New Year's day.

### **Raphael House Swimming 26 December**

Having fun times at the swimming pool at Camphill School.





## Donated lollies and Valentine's Day ball at the D-Store



In the evening there was a dance and games - most wore something red.



## Tuckshop

Friday afternoons is tuckshop – a highlight! Apart from buying edible goodies, it also serves as a social space for the residents to meet their friends.



## Communal Lunch 2 June 2023

A lovely braai was enjoyed, sponsored by two family members – thank you!



## THERAPEUTIC ACTIVITIES

### Music with Christoph Reppel

Christoph did his magic again with the residents, bringing enjoyment to them, and to those who listened!



Music assists residents to exercise choice and control in areas of communication, cognition; including physical and emotional development. It is also an avenue of social contact and non-verbal self-expression.

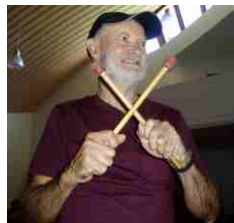
The residents participated in concerts and they love performing for an audience. This is a wonderful occasion for the residents to express themselves and to overcome certain fears, especially when they have to perform solos.

Apart from the orchestra, Christoph composed and performed original music for our plays and services throughout the year – thank you for your ongoing dedication and support!



### Marimbas/ Drumming with Daniel Kamber

The residents participate in weekly music classes. Residents give contributions in words and actions during drumming and marimba sessions at Mercury Hall.











Here are the residents' personal comments:

**Egon**, I'll give everything at the beginning and at the end of a song. It's what I do.

**Nancy**, I pick up all what's falling on the floor, I'll put it back in the crate. I don't think a song is ever finished; I even play when the rest of the group has stopped.

**Christopher**, did you see, he/she is new and the first time with us.

**Andrew**, I'm here to practice talking to my girlfriend whilst everyone is playing and when the song is over, I'll do my drumming.

**Duncan**, I'm here to drum right from the beginning of every song but I get many times disturbed by my girlfriend tickling me, taking my cap...

**Chetna**, this boy took my drum, he must give it back.

**Sharise**, I'll cope with everything.

**Brendon**, I enjoy the power of the note sounds that come from the bass marimba and I'll play it just like the djembe drum, so much oomph.

**Emmanuel**, Can't you see what I'm playing, looking at his co-player.

**Peter**, Ja ja, where is a drum, I want to play, so that I can be happy.

**Cia**, you can't do that, go back to your place, don't forget you're here for drumming. Shall we throw this old round drum away? It's kind of broken.

**Agnes**, I'll take care that we're all properly dressed.

**Ralph**, putting his joy of his favourite instrument in words: I've found my best instrument, the 2 cow bells and they must sound all the time. When it needs mechanical adjusting, I'll be fixing it. I make sure the cow bells are stored somewhere where nobody will find them.

**Brendon**, we really had a good session today. My drumming was excellent and my hands are red.

**GD**, his own words, I love you.

**Roy**, thank you for the session.

**Nicolette**, we all love her, and my impression is that she's there to show everyone that she's resilient to all the noise.

Thank you to all the residents for your contributions.



## Therapeutic Art with Ashleigh Temple-Camp

Over this last year, the art room and therapeutic process continued to be a safe space where residents could come and express themselves within a guided process. Residents were divided within small groups, allowing for individual attention, sharing and expression.

Approximately 25 residents attended each week. Most groups consisted of 4 residents per session with 1 resident per table and 2 tables facing each other. This ensured that the residents were able to get individual attention.

Each resident has a unique way of expressing themselves and this was honoured and encouraged. The residents are all at different stages within their unique inner emotional and imaginative development and a guided process allowed for this.

An atmosphere of self-acceptance was fostered. Insights often arose in the creative process that assisted residents with personal growth, acceptance and life direction that could have taken months or even years to come into consciousness otherwise.

*A picture is worth a 1 000 words!* Importantly the residents also had fun in the art room as 'The child within is our biggest muse' and play is the best way to enter a creative process. The residents got to develop and improve life skills including fine motor skills, creative skills and practical competency.

The residents experienced a great sense of achievement through creating something that they could be proud of and take away with them. Many residents take their work home to their families, give them away as gifts or



cards, or put them on their walls in their rooms. Some are proudly displayed in the therapy room and sometimes adorn the entrance to Mercury Hall during special occasions.

The beautiful wet-on-wet painting was a focus during the year and residents returned to this beautiful, essential form of colour therapy time and time again, with a different theme each time. This therapeutic experience developed by Rudolf Steiner was, as always, calming.

In the later part of this year, a big focus was placed on creating an *Enchanted Forest* that was exhibited in the foyer of the Hall at Family Day on 16 December. Each resident created a unique tree, using mixed media, that was taller than a person.



Family members, staff and residents could walk through this 'forest' and enjoyed it. The residents prepared for months beforehand, making insects, 3-D flowers, caterpillars and birds to 'live' in and around their tree.

The residents created art works that were exhibited and sold on the first Friday in December for Night of 1 000 Drawings, along with art works from artists around Hermanus. Most of the works were hung outside the Shape Gallery in Hermanus.

An outing was arranged, for residents to view their work on the evening, and to be part of this experience. It served as an opportunity for residents to give back, as the funds raised went to other selected charities.

Many other creative experiences were enjoyed by the residents such large as 'Andy Warhol style' self-portraits that decorated the wall of the art room for a period of time.



Other themes included exploring sensations and emotions within the body, mandala collages relating to 'where I am from' and 'my life now', nature appreciation and themes connected to, and in support of, events that were taking place in the Community. Group work and partner work was also fostered from time to time.

### Yoga - Debi Diamond

About 30 of us still gather every Tuesday afternoon for an hour in Mercury Hall to stretch out our bodies, find our quiet space inside our minds and check in on our breathing technique. Weekly yoga classes are attended by regulars, whose bodies are becoming stronger.

They are encouraged to find their own power and strength, and all manner of bodies are finding their essence and becoming much more confident as we take on stronger yoga postures. For those residents who are not yet strong enough, we have a short time of chair yoga.

Then there are the few residents who don't participate, but appreciate the ambiance of it all – incense, Tibetan gong, quiet music and relaxation. At the end of the class is the highlight to yoga – as we all shout out, **"we are kind, we are smart and we are very important"**; only then is our yoga class complete for the week.



### Eurythmy - GERALYN LASET

The residents participate in Eurythmy, on a weekly basis during the course of the year, which is classified as visible speech and music therapy. This form of dance movement is also classified as an art of movement and includes elements of healing aspirations.



These exercises are accompanied by gestures of specific speech sounds and musical tones. The sound and tone gestures are made visible by the person performing the movement.

Eurythmy is an essential element of the social therapy of the residents. Conditions such as anxiety, hysteria, rheumatoid arthritis, aggression, depression, posture irregularities, epilepsy, ADHD and autism, among others, are addressed in this therapy.

The value of movement for health and well-being with Eurythmy continues to be strongly practiced and applied in the residents individual and group therapies / classes during the year.

In the individual and small group therapies, we use Eurythmy exercises which specifically addresses a condition or an illness arising from a one-sided development in the constitution, body orientation and awareness and behavioral attitudes.

This brings bodies into balance, by working through root causes and not just the symptoms of the problem. Around 10 residents have benefitted from a one-on-one process of



Eurythmy therapy. What is essential in the therapy process is that the residents become actively involved in their own healing process, as they do the movement themselves, under the guidance of the therapist.

We continued with exercises to strengthen the immune system in our group sessions. Specific areas of focus were tackled in the four blocks of classes held during the year:

- care for breathing and generating warmth in the first block,
- building resilience in the second block,
- releasing stress from within in the third block
- and educational and soul exercises in the fourth block.

Around 30 residents attended the classes every Friday afternoon and each block covered a period of 8 to 10 weeks.

Eurythmy as a performing art is also an important aspect of the Eurythmy work during the year. Various speech and music pieces, with themes of St. John, Michaelmas, Christmas and Easter, were presented by the residents and volunteers, as solo, duo or group performances during the celebration of the festivals.

The residents always look forward to these performances and enjoy them tremendously, whether as performers themselves on stage or as part of the audience.

It takes lots of practice, effort, and hard work to perform in Eurythmy and nothing can surpass the creative and imaginative capacities, patience, confidence building and nourishment for the soul and spirit that these performances bring to everyone in the Community.

## Library - Elma Young



Saturday afternoons is Library time. About half our residents are regulars – taking out books and/or DVDs. The regular helpers are Emmanuel, Ralph, Richard, Nicky, Cornelia, Chetna and Sarah.



*Library helpers*

Worcester Library, provides books. Our DVD collection is compiled only through donations. Thank you very much to all the helpers.

## Dancing – Sue Hodson

On behalf of all the residents here at Camphill, who participated in the dance therapy classes offered by Sue, we would like to extend our sincere thanks to her for being undoubtedly their favourite dance teacher – she is dearly missed and we thank her for the countless hours she spent creating various therapeutic dances and enjoyable activities which was her primary goal.

The residents had boundless fun dancing Wednesday afternoons – the highlight of the

year was the Fashion Show. Each resident loved moving in their own unique way to different types of music! Sue was a true inspiration and as she said before, *“I taught them to dance, but they taught me how to live”*.



## HOMELIFE

by Charlene Matinka  
(Homelife Co-ordinator)



Camphill has gone through many changes over the past year.

At the beginning of 2023 everyone was a bit unsure about the future. What kept us going was to make sure we managed to carry out our ethos and values, working together as a team.

Our new staff members are energetic and give their all when it comes to the residents. It's an honour for me to be part of the Camphill Family.

A number of our residents donated art works to Night of 1 000 Drawings, where everyone went 'hunting' for their own drawings to see if it was purchased by a member of the public viewing the artworks on display.

During the Christmas period only Raphael, Protea and Labora houses remained opened and we had combined lunches. Regular picnic outings were something to look forward to as well. We had walks in Fernkloof Nature Reserve, along the beaches, as well as outings as far as Gansbaai; Betty's Bay visiting the penguins and eating



out at Spur in Gordon's Bay.

Christmas lunch was hosted by Raphael House. We baked Christmas cookies and decorated our Christmas tree. In January, the New Year's Eve party was at Protea House, and everyone had great fun. We are looking forward to having the new volunteers as they bring a youthfulness to our Community.

Each house loves to celebrate birthdays – sometimes at the house and at certain times at restaurants, sponsored by family members. Birthdays are always happy occasions.



## STAFF TRAINING

The following training sessions were accomplished during the course of the year:

- Strategic planning sessions
- Camphill - Vision, Mission and Ethos.
- The role of Homelife and work staff.
- Disciplinary and grievance procedures.
- Nutrition: and emerging menus.
- Policies
- How to compose incident reports.
- How concern meetings are required to be conducted.
- Self-care training for Homelife staff.
- Low arousal intervention in managing challenging behaviour.
- Medication management.
- Updated and improved files systems: emergency procedures, medication and residents' IDP files.
- Guideline for Internal System Handovers.
- First Aid and Fire training courses.
- Epilepsy – what to do in case of seizures.
- Annual Online Papillon Fundraising Conferences.
- BADISA Fundraising & Marketing Workshop Training.



## WORKSHOPS

### CRAFT WORKSHOP 2022

#### – Mercy Choga Mawunda

We maintain a calm atmosphere and keep the residents peaceful and occupied. We aim to make the Craft Workshop enjoyable, welcoming and productive.



Our intention is to find purpose and meaning in what we do, thus enabling confidence and pride in work well-done. The residents are confident in their knitting abilities, from knitting colourful squares to making hand-made blankets, bags, and jackets.

We are slowly introducing new skills with the assistance of Jana (our volunteer); thereby to increase our items and developing the residents cognitive and fine motor skills.

So far we have made hot bags, loom bands, food covers, and we have started with fabric painting too. We are also making thank you cards for our donors whilst learning new skills.



## HERB WORKSHOP - by Lucky Sekate (Workshop Co-ordinator)

Thank you to the entire Camphill Farm Community for supporting me these past six months since I have been working here and especially to the residents for their warm welcome and acceptance. I feel truly blessed - Thank you.



We had a few challenges in the garden due to the harsh weather that we have been experiencing this winter, but it's nothing that we can't overcome: we are looking forward to the summer months and the new growing season ahead.

We have a strong spirited team and that keeps our Workshop going.

We had the best summer in 2023 with plentiful herbs that were harvested and dried to be processed when required. We also received a new Diesel Rotavator (a rotavator is a motorised gardening machine that is used to break up, churn, and aerate the soil before sowing seeds and bulbs in gardens) that we are excited to use when the planting season starts this coming spring.

We process dried herbs to make many products such as: healthy herbal teas, culinary mixtures, general dried herb products, such as herbal

salts, and lavender pillows. We are currently supplying these specific items to all the Residential Houses.

Pauline Devine, our workshop assistant, and I have learnt a great deal from the residents - they are humble, work without complaints and always have a beautiful smile; *no matter what the weather* (as our slogan states), which gives us the reason to be here. Caring for one another is one of the things that mostly touched my heart. It is really amazing to work with them.

We had the opportunity to exhibit at the Curro School in Hermanus for the first time at the Winter Gift Market, which was hosted over a period of 10 days. We were very excited to sell our products here and to show the community of Hermanus what wonderful products our residents produce. The first market we attended was The Tokara Rare Plant Fair and Open Garden, which was a great success and it created a lot of awareness about Camphill and the work we do here.





## **FARM WORKSHOP**

**by Bryon Sharpe (Farmer)**

### **The Team:**

The farm team currently consists of myself, and two assistants, Mpilo and Prosper. We have three residents that join us during the week on different days. Egon Bonthuys full time, Barry Matthew on Mondays and Thursdays and Ross Edlmann on Mondays and Tuesdays.



It is physically demanding work that we are performing at the moment, and due to this, many residents are not physically able to contribute with the various farming activities.

I moved over to the Farm Workshop in March from the Herb Garden Workshop. Martin O'Carroll assisted as the acting farm manager in the interim before I was appointed.

### **Animals:**

The Current herd size is 10, of which consist of 8 Jersey cows and 2 Hereford bulls. We bought 4 new cows from the neighbouring farm. One of our new cows was heavily pregnant and recently gave birth to a bullock.

One of older bulls was sent to the Abattoir to provide meat for the Residential Houses. We are currently negotiating with a neighbouring cattle farmer to receive more beef cattle which will supplement the houses with meat for the coming year.



In April we had a visit from a locally and internationally renowned vet and pasture specialist, Dr Peter Ardington, who came and had a look at our animals as well as our grazing lands. He has given us advice on a way forward with the Farm which we will be looking into and implementing over the next couple of years.

### **Bees:**

We have entered into a partnership with the Bruwer Family who have established 44 new hives on the Farm. With the existing hives we now have a combined total of 50 hives.



We did a small harvest of the original 6 hives in March 2023 and bottled approximately 50kg of honey. Some have been distributed to the houses and some are going out for sale and gifts purposes. We are expecting to do the next harvest in September, just as spring arrives.

### **Land:**

The clearing of alien invasive plants is still an ongoing project, and it takes a lot of time and effort from our team, including other external role players assisting us. We are now collecting some of the larger logs to use for firewood during winter. Some of the smaller branches are taken to the old empty dam and is burnt just before the real wet winter begins.

The remainder is then chipped and given to the Herb and Poultry Garden Workshops, who use the woodchips as ground cover to fight against weeds; it helps reduce soil erosion in the paths and also increases fertility in the soil.

## Pastures:

Thankfully this past summer was a very damp one, and due to our very limited herd size at present, we did not have to irrigate any of the pastures; there was enough grazing pastures to keep the animals fully satisfied. We are looking at sowing a variety of new grass types and other vegetation in the coming spring.



## POULTRY (EGG) AND FOOD GARDEN WORKSHOPS

by Debi Diamond

The Poultry Garden Workshop is now in its 16th year, and we are blessed to harvest the following organically grown fruits from our trees – lemons, apples, figs, bananas, guavas, pears and mulberries - delicious jams are made from these assorted fruits!

The garden has been set up using permaculture principles, resulting in the trees and plants thriving. We have an acre of land, which is divided into 4 fields, for the chickens to forage through. As part of our water management, we have inserted swales and are able to say with pride that our fields are 90% rainwater fed.

The chickens are fed left-over house food scraps which is collected every morning by two residents and placed into the swales. This adds to the fertility for the roots systems of the trees which are planted on the leeward side of the fields. Gravity is our friend in this respect, and understanding the principles of this assists us in seeing our swales as compost trenches. Thus seeds from the food garden is sown into the swales, covered with straw, and nutritious



seedlings of lettuce, spinach, carrots etc. sprouts for the chooks (chickens) when they move around to feed.

Apart from over 100 trees in the system, we also grow medicinal plants for the chooks. In this respect we are able to de-worm them once a month (over the full moon period), with aloe and Wilde ALS (African Wormwood, which is a traditional medicine used in South Africa).

With the outbreak of Avian Bird Flu, we have to be very aware of our poultry management systems. Cleaning out the hen house on a daily basis and changing the nesting material is a farming task not many of us enjoy, but a must! I have heard the most incredibly creative excuses from residents as to why they are not able to honour their turn in cleaning out the chicken house! We are very appreciative of the bags of dry sawdust we get in every few months from a local carpenter. With an old leaky building, this resource at least allows us to provide a deep dry litter system; which is





used once a year for mulch and compost heaps. In this respect, the fields do have earthworm trenches for them and an abundance of insect life, as we do not contaminate the land.



We will shortly be doing a cull of 23 roosters which have spent the last month free-ranging with the cows. They will find their way into the pot at our houses, for much needed and nutritious chicken soup over the cold winter months.

## COMMUNITY FOOD GARDEN

The small food garden, which is still being developed, is able to give us some produce for the houses. Spinach and wild garlic seem to be firm favourites, and depending on which pest raids our garden, we are also able to supply carrots, peas, beans, aubergines, tomatoes, cabbages, leeks, potatoes, onions, salad greens and beetroot.

Once a week, on Tuesdays, the residents take turns to assist our volunteer, Bruce Fraser, with the house deliveries. It has to be emphasised that our food garden is not a production garden. The produce provided to the houses only covers about 25-30% of their weekly household consumption.

Our garden is a classroom setting where we all learn



about nature and the cycle of organic food - from seed to food.

## WORKING WITH SOME BIODYNAMIC PRINCIPLES



The Biodynamic 500 spray is placed onto the land once the pastures have been mowed. We use this spray (mainly to increase the fertility of the land) on our food and poultry gardens.

Our Workshop holds the biodynamic preparations in specifically prepared peat moss. These preparations come in from a Demeter registered farm in Paarl and we use them with the aid of the Biodynamic calendar which guides our custodianship of the land.

## FACILITIES by George Louw

Facilities has two components:

### 1. Estate

The staff that service the Estate consists of Fihla, Duncan and Brendon; with Ross and Barry part-time. They mow lawns, cut verges, and generally keep our Estate neat and tidy.

During the winter they make sure that the water channels are open and clean, and assist in removing branches that have been broken off by the strong winds. They also weed and cut grass in and around the Estate, including the Graveyard.

## 2. Maintenance.

Michael and I are responsible for general maintenance.

Our responsibilities include the following:

- The generator: requires regular check-ups on a daily basis and needs to be kept topped-up with diesel.
- Water supply: needs daily checking and cleaning once a month – with assistance of the residents on the team. The pumps are switched off at night and switched on again in the morning.
- Sewerage: is checked every Monday, Wednesday and Thursday to ensure all is satisfactory. A back-wash is also done on a regular basis.
- Gas bottles in the houses are checked and replaced when necessary.
- Every Residential House has a maintenance book, which is checked every fortnight, but when emergencies arise, it is dealt with immediately. Regular maintenance consists of the clearing of blocked drains, burst geysers, broken door handles, keys, etc.
- Gutters along the houses are cleaned regularly.
- Fallen trees (after a storm) are removed and cut up for fire wood.

I would like to thank the team for the continuous efforts to improve our facility.

A note from the Executive Manager:

*The maintenance team plays an important role in the everyday functioning of the houses and buildings. The residents form an important*

*part of the team in assisting George with the tasks which need to be performed. George has been at Camphill for the past 35 years and has extensive knowledge of the layout of the Farm – piping, electrics etc. Repairs and maintenance of our ageing buildings is important and needs to be done regularly.*



## FUNDRAISING & PUBLIC RELATIONS

by Michelle van Zyl

As a fundraiser, for any not-for-profit organisation, the first inference is to raise funds. This is of course one's first port of call, nevertheless there is so much more that goes on behind the scenes here at Camphill Farm Community Hermanus.

Reflecting back on another action-packed year, we continued to do what we do best here at Camphill - following the rhythms of daily living - from organising events to encouraging residents and volunteers to participate at street collections and various other fundraising campaigns. Fundraising also comprises of compiling of stock images for our publications and videos, conducting tours around the Estate and Workshops, collecting and receiving donations, the submission of proposals and most importantly, building and strengthening relationships with our donors and friends. The IMPACT your efforts and contributions makes a difference in the lives of our residents, and **this is what counts!**

Everyone that contributes in one way or another - even by sharing our stories - make it possible for us to keep on striving to provide the best quality support and care for these brilliant individuals. How? By offering them a dignified meaningful life and work environment, which they truly deserve.

At the heart of our Community are the residents and the very reason why we are here, endeavoring to do our best and to support each individual by offering them a safe haven to be themselves, however complex their needs

may be. Perhaps I could best describe it as Coretta Scott King said; *The greatness of a community is most accurately measured by the compassionate actions of its members.*

Many stories have been reflected thus far in this year's publication by my colleagues and our residents; namely the daily happenings, festivals, events, pastimes and adventures. The heartfelt contributions that move me personally, are by the various kind-hearted people from all walks of life that make a direct impact in the lives of our residents, either in their personal or professional capacity.

**Here are a few special moments looking over this past year:**

### The Tokara Rare Plant Fair and Open Garden

An absolute highlight again this year, was to experience The Tokara Rare Plant Fair and Open Garden. Camphill Farm Community Hermanus was once again kindly invited to be both a presence and beneficiary on the day – this was our fourth year there! This much-admired Stellenbosch family wine and olive estate opened its extensive farm garden to the



public for the annual Rare Plant Fair on Saturday, 22 April 2023. The wide selection of plants on sale from indigenous flora such as fynbos and proteas, to the more exotic, which attracted numerous garden enthusiasts: regardless of the chilly wet weather, this did not keep the visitors away! Well, as our residents would say; *'no matter what the weather'...*

Both our Garden Workshops, namely Poultry and Herb participated this year from cultivating the plants from seeds to pot. In addition to our plant sales, we had a wonderful assortment of herbal teas and salts, beautifully hand-crafted material Camphill Berna Bags and aprons, honey pot gifts, and an array of gifts crafted by our resident Sean.



The team had an outstanding time. Great enjoyment was experienced by the residents who attended this year. They also felt privileged and appreciated because they could participate in the final steps of selling their products, which they had produced themselves from start to finish. Through their work the residents develop technical and social skills, as well as providing a sense of self-worth by taking part in wonderful events such as this.

Thank you to everyone involved, in particular we would like to express our sincere gratitude to the TOKARA team for selecting Camphill as their beneficiary again this year. The awareness initiative and a fundraising opportunity is hugely beneficial because it helps us to empower our residents. The funds raised from this prestigious event is invested back into the Community Garden Workshops.

### Annual NAMPO Cape Expo

One of my most remarkable outings, since joining the Farm team in 2019, was when I was invited to join the Poultry and Food Garden Workshop residents - an enormous highlight on their calendar - to the annual NAMPO Cape Expo, which was held in Bredasdorp last year.



Grain SA together with Bredasdorp Park N P C recorded approximately 32,640 guests who visited

NAMPO Cape over a four-day period.

However, if I may take a minute to set the scene... We were all ready to go, handing out name tags and snack packs, jumping into the two Camphill busses, set to go. On the 'cheerleading brigade' we had Egon and his 'legendary' Bluetooth speaker (what we used to call a boom-box in my day) booming out various tunes – from hip-hop, rock, pop to a little something even my ears were familiar with – music from the 80's! It was extraordinary to see how one individual could get all the Camphillers excited and revved up to go on a journey to Bredarsdorp, only a few towns away.



When we finally arrived at our final destination, my first thought was how are we going to keep our group together amongst the multitudes of visitors? People were milling around like ants and the queues seemed to stretch for miles along the dirt road leading up to the Expo gates.

With a little bit of luck and describing our current situation, the organisers of the Expo kindly escorted us in. The two Camphill busses followed the 'little blue light brigade' leading us past the crowds - we truly felt like 'royalty'.

Then they were even kind enough to venture back to the entrance gate on our behalf to collect our tickets and then drop them back off where we were kindly directed to park in what could only be described as, a 'VIP' spot.

The residents, staff members and volunteers wanted to see and experience everything. We started off with viewing and exploring enormous agriculture equipment – where one could sit inside the rim of the tyre – to petting farm animals, or in Gerhard's case, an amusing chocolate-coloured donkey chomping at his shirt.

We then strolled over to the Toyota 4x4 stand - we did it all! Well, except for the 4x4 ride - only a handful were brave enough to

conquer the 45-degree tilt. This was an occasion to remember, one for the history books. We look forward to what adventures awaits us later in the year!

## Making a difference - Nelson Mandela Day 18 July 2023

Nelson Mandela Day (also known as Madiba Day) is an annual international day in honour of Nelson Mandela, celebrated each year on 18 July, Mandela's birthday.



This year for Mandela, celebrated under the theme: **"It is in Your Hands"**, Camphill as a Community agreed to be socially responsible and decided to do their bit and participate in a clean-up at Sandbaai Beach, Hermanus.

After our clean-up we were surprised by horseback riders and their striking horses - an added bonus for our animal lovers and a perfect end to a productive day.



*There can be no greater gift than that of giving one's time and energy to helping others without expecting anything in return*  
- Nelson Mandela.

## Street Collection



Thank you to all the participants who afforded our residents and volunteers the opportunity to shake their tins during the jovial Hermanus Whale Festival on their premises. This is part of one of our fundraising initiatives and it was superb to be back on the streets since the COVID-19 Pandemic! In addition, thank you to everyone who supported us on the day especially to the generous lady that provided cupcakes and cool drinks as an extra energy booster for the mid- morning shift!

## Hermanus First Friday Artwalk - Night of 1000 Drawings



As cited in previous articles in this publication, this annual Hermanus fundraising event encourages our therapeutic art residents to participate, which in turn develops their technical and social skills as well as providing a sense of self-worth when they participate in these occasions.

## MYSCHOOL CARDS



Remember to link your card and **select Camphill Farm Community Hermanus as your beneficiary!**

Get your virtual MySchool MyVillage MyPlanet by scanning the QR code and following the prompts.



Thank you to all Camphill Farm Community's loyal MySchool MyVillage MyPlanet supporters for the difference you have made in the lives of our residents. The monthly contributions are channeled towards our residents!

## Friends of Camphill Hermanus

A huge thank you to The Friends of Camphill Hermanus (a formidable team) who took it upon themselves to support Camphill Farm Community Hermanus: selling our products, produced by the residents, at the local Hermanus Country Market this past year. Their resourcefulness at the market was greatly appreciated! In addition, thank you to our



raffle sale fundi's – Brendon and Jonathan – for raising extra funds at these occasions and congratulations to all our winners,

and especially to our prize sponsors. To find out more about who The Friends of Camphill Hermanus please email them at [friends@camphill-hermanus.org.za](mailto:friends@camphill-hermanus.org.za).

Then on a special note, I would like to extend my whole-hearted thanks to my fundraising partner, Berna van der Merwe, for her brilliant determination in sewing up a storm this past year. Her continued efforts are endless and



each bag is uniquely hand-crafted – and as she would say, 'made with love'. The attention to detail expresses her passion for what she does best! In addition, we would like to

extend our thanks to all our friends and donors who have supplied superb materials of all shapes and sizes, patterns and colours towards this undertaking. Please know, without your contributions this fundraising project would not be feasible. And moreover, thank you to each and every local Hermanus restaurant, shop outlet, boutique and coffee shop for your continued support in assisting us and encouraging awareness of our Camphill Berna Bags and promoting the selling campaigns!

There are numerous people and organisations that support our ethos and values and on behalf myself and everyone here at Camphill Farm Community Hermanus, our profound thanks go to you all.



We truly value our partnership with each and every one of you – thank you for making a difference and offering your time. We hope we can continue our journey together with you, which makes it possible for us to carry on providing the respect and quality of life these special people so truly deserve! And on that note, if you are in the area, please make an appointment and come and join us for a tour around the estate and experience firsthand the splendor of this hidden gem, called Camphill Farm Community Hermanus!

### BE PART OF OUR LIVING LEGACY

If you would like to support our residents and make an impact; contact Michelle van Zyl directly on 082 565 3627 or email [michellezv@camphill-hermanus.org.za](mailto:michellezv@camphill-hermanus.org.za).



Like us on Facebook   
Camphill Community Hermanus

## WISH LIST FOR CAMPHILL FARM COMMUNITY HERMANUS

### YOU CAN MAKE A DIFFERENCE!



### Residential Houses

#### Raphael House

- Curtains for the lounge area
- Single Sealy Posturepedic Mattress x 2
- Smart TV 55 inch
- Egg-basket hanging chair seat
- LED portable lights x 5
- Side by side fridge

#### Pollux House

- Industrial floor fan for the communal area
- Bedding for single beds x 5
- Egg-basket hanging chair seat
- LED portable lights x 5
- Side by side fridge

#### Melissa House

- Cake-mixer with bowl
- Lounge area carpet large
- Built in cupboard x 1
- Single Sealy Posturepedic Mattress x 1
- LED portable lights x 5
- Egg-basket hanging chair seat
- Side by side fridge
- Spider Web Tree Swing

#### Protea House

- 15 coffee mugs
- Single Sealy Posturepedic Mattress x 1
- LED portable lights x 5
- Egg-basket hanging chair seat
- Side by side fridge

#### Castor House

- LED portable lights x 5
- Egg-basket hanging chair seat
- Side by side fridge
- Foam mattress x 1

#### Cinnabar House

- Single Sealy Posturepedic Mattress x 1
- Blinds for lounge and dining room area
- Puzzles (2000 pieces)
- Microwave
- LED portable lights x 5
- Large carpet for the communal lounge area
- Egg-basket hanging chair seat
- Side by side fridge

#### Labora House

- Blinds for lounge and dining room area
- Large cooking pots x 4
- LED portable lights x 5
- Egg-basket hanging chair seat
- Side by side fridge





## Workshops

- Fencing around the Herb Garden Workshop
- High pressure cleaner
- Protective clothing:
  - ~ Gumboots
  - ~ Gloves
  - ~ Hats
  - ~ Sunblock
- Industrial lawn mower
- Bush cutter
- Colouring books
- Colouring pencils
- Fabric Paint (assorted colours)
- Fabric Glue and Paper Glue
- Paint Brushes (different sizes)
- Craft Beads
- Hook Clasps for beaded bracelets
- Animal Stencils
- Overlocker

## Camphill Community – General

- Polaris 4-seater 4x4 (all terrain vehicle for emergencies)
- Community Pergola
- Motor vehicle 4x4
- Mercury Hall Kitchen
  - ~ White Continental Crockery a 100 of each item (plates, side plates, soup bowls, desert bowls, coffee cups and saucers, mugs
  - ~ Cutlery x 100 (knives, forks, spoons & teaspoons)
  - ~ Tumbler glasses (325ml) x 100
  - ~ Urn 20 litre
  - ~ Microwave



## Therapy Interventions

- **Swimming**
  - ~ Branded tracksuits x 6
  - ~ A rectangular floating mat (swimming aid)
- **Social Care Space (D-Store)**
  - ~ White paint 100L
  - ~ 55 inch TV
  - ~ Foosball table
- **Occupational Therapy**
  - ~ Cleaning supplies
  - ~ Baking items - measuring cups, whisks, egg-beater
  - ~ Craft paints (assorted colours)
  - ~ Paint brushes for art therapy classes
  - ~ Inflatable jacuzzi / spa pool for therapeutic purposes
  - ~ Wool



# DONATIONS (April 2022 - March 2023)

Donor	Amount
<b>DONATIONS - GENERAL:</b>	
Berna van der Merwe .....	19 570
Donations - Public .....	25 821
E R Tonnesen Trust .....	78 793
Friends of Camphill Hermanus .....	10 094
Fuchs Foundation .....	10 000
Fundraising donations .....	9 186
Graham Muir - Occupational Therapy .....	144 000
Graham Muir - Social Welfare .....	36 300
Gray Trust .....	5 245
Hyman Goldberg Foundation .....	50 000
Joan St. Leger Lindbergh Charitable Trust .....	100 000
Lizette Hibbert .....	10 000
Mathers Trust .....	4 850
MySchool .....	3 903
Office National Hermanus .....	3 941
Ralph Wyss Family .....	351 408
Ray Potton .....	65 000
Roy Polonsky Trust .....	100 000
TOKARA .....	50 000
WCFID .....	1 300
<b>Sub-Total - Donations:</b> .....	<b>1 079 411</b>
<b>OTHER FINANCIAL SUPPORT:</b>	
The Association of Camphill Communities (UK & Ireland) .....	164 047
<b>Sub-Total - Other Financial Support:</b> .....	<b>164 047</b>
<b>GENERAL DONATIONS - GRAND TOTAL:</b> .....	<b>1 243 458</b>

We would also like to say a huge thank-you to all who contributed in kind. You are too numerous to mention by name, yet your donations to promote the well-being of the Camphill residents are so gratefully appreciated.

It would, however, be remiss of us not to make specific mention of the following donations in kind, thank you to the following people and organisations:

- Cays Clothing (hand-made knitted blankets)
- The Marine Hotel Hermanus (pillows, sheets, facecloths, blinds, cupboard and roof sheeting)
- Abagold (donation of uniforms)
- Little Gem Hermanus (new shoes)
- Peter Watson - Rotary Club Skipton, UK (various household items)
- Chris Helme (8-seater couch)
- Alex Upholstery (various materials)
- Quest Ladies (donation of clothing)
- National Pride (Pty) Ltd (Incontinence products)
- CAPRIVI Luxury Safari Gear (leather off-cuts)
- Leonie Swartz, Glenda Rhoode & Friends (donation of various personalised Items)

In loving memory and thank you to the their families:

- Marianne Leitner
- Colleen Hughes
- The van Aswegen Family
- Ms.V. Hubble

## ADDENDUM TO THE ANNUAL REPORT 2023

The Financial Statements, Year-End, 31st March 2023, prepared and approved by the Board of Directors, were presented by the Treasurer and adopted. The Company's Independent Auditor, Mr D M Adams FCA Registered Auditor, attended the meeting. Unfortunately, after many years working with Camphill, Don has decided to retire. As such, new auditors, AEBCO Accountants & Auditors have been appointed. On behalf of the Board and indeed all within Camphill Hermanus we wish to put on record our grateful appreciation to Don for his help, support, guidance, and friendship over the past 15 years. We all will miss you Don.

We have set out a summary of our financial position for the year ending 31st March 2023. The gross profit arose as a unilateral decision made by the previous Executive Manager to sell off the milking herd of cows. This year we have started to rebuild a small beef herd for our own consumption and continue to develop the farm as a small "Community Farm".

Our other income is basically government monies, contributions from advocates towards the overall community cost and donations from third parties.

Our expenses are rising significantly and this year we also renovated houses and some of our buildings which was achieved by being blessed with donations towards those costs. We have thanked those donors for their significant contribution towards the maintaining of our estate. The cost of operating the Community is increasing significantly each year due to both outside matters and organisational matters. The cost of the Executive Director position is entirely funded by a third-party donor.

We continue to invest in the property to ensure we can continue to provide our core objective of providing housing support and meaningful work at our Community Estate.

## SUMMARY FINANCIAL STATEMENTS

Year-End	31st March 2023	31st March 2022
Gross Profit	223,472	31,335
Income	8,913.842	9,624.042
Operating Expenses	9,559,791	8,026,673
Operating (Loss) Profit	(422,477)	(1,628,704)
Investment Revenue	540,367	247,652
Transferred from (to) funds	(50,000)	(1,800,000)
Finance Costs	(9,595)	(9,241)
Total surplus (deficit)	58,295	67,115
Net worth	14,903,632	12,096,069

## CONTACT US

Camphill Road, Off Caledon Road, Hemel-en-Aarde Valley,  
Hermanus 7200, Western Cape, South Africa  
P.O. Box 301 Hermanus, 7200, Western Cape, South Africa  
Email: [admin@camphill-hermanus.org.za](mailto:admin@camphill-hermanus.org.za)  
Web address: <https://farm.camphill-hermanus.org.za>  
Facebook page: Camphill Community Hermanus  
Tel: +27 (0) 21 200 2230

NPO Number: 003-322 | PBO Number: 18/11/13/4249  
NPC Registration Number: 1978/003803/08

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



It is our task to imprint this temporary, perishable earth into ourselves so deeply,  
so painfully and passionately, that its essence can rise again "invisibly," inside us.  
We are the bees of the invisible. We wildly collect the honey of the visible, to  
store it in the great golden hive of the invisible.

— Rainer Maria Rilke —





## Camphill Farm Community Hermanus

*Quality of life for adults with intellectual disabilities*



Creator said, "I want to hide something from the humans until they are ready for it. It is the realization that they create their own reality." The eagle said, "Give it to me. I will take it to the moon." Creator said, "No. One day they will go there and find it." The salmon said, "I will bury it on the bottom of the bottom of the ocean." Creator said, "No, they will go there, too." The buffalo said, "I will bury it on the Great Plains." Creator said, "They will cut into the skin of the earth and find it even there." Grandmother who lives in the breast of Mother Earth and who has no physical eyes but sees with spiritual eyes, said, "Put it inside of them." And Creator said, "It is done."

— Creation story from the Hopi Nation, Arizona —



Proudly supported by Office National Hermanus



Tel: 028 313 0003 | [hermanus@officenational.co.za](mailto:hermanus@officenational.co.za)