

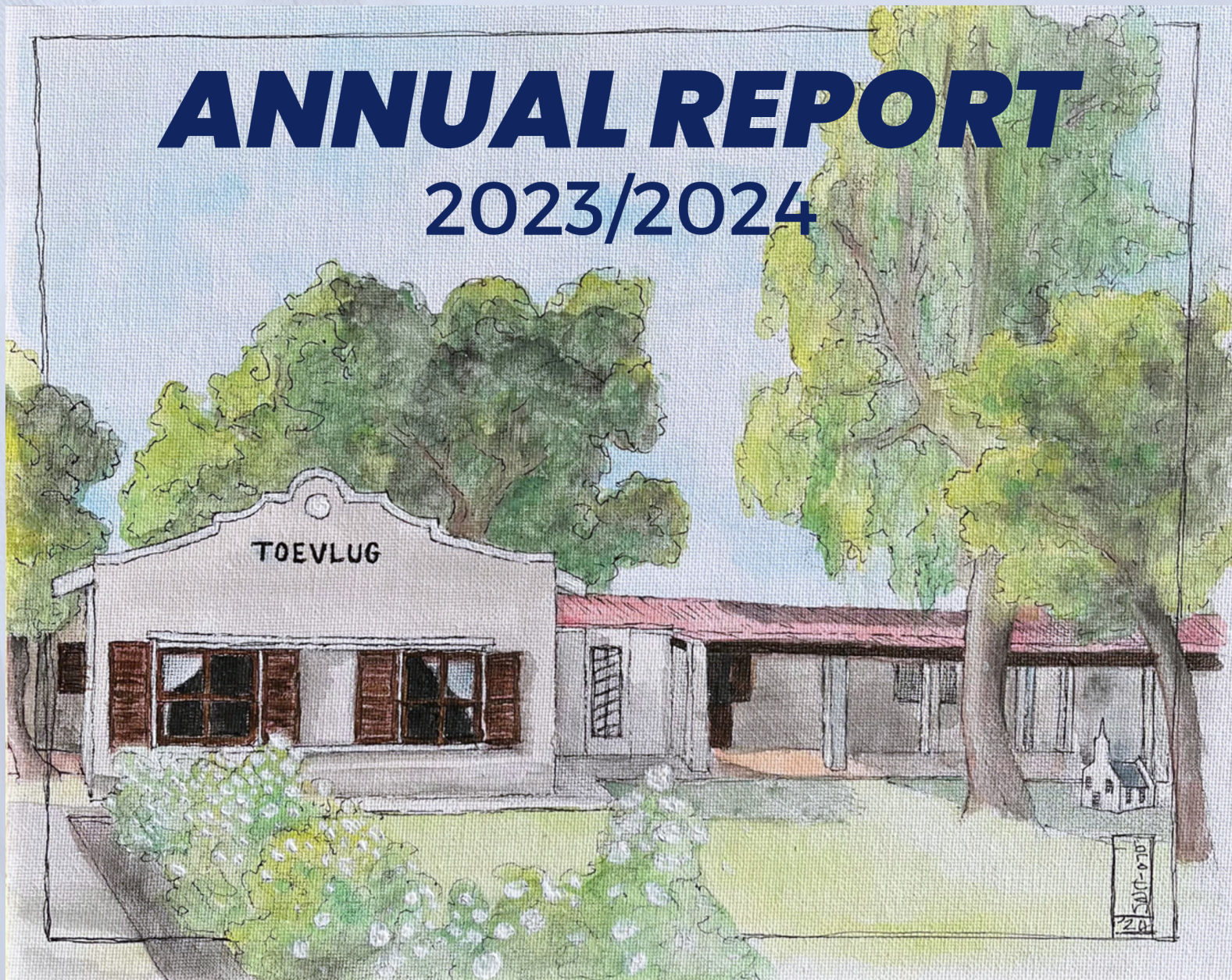


Set free to live

CENTRE FOR SUBSTANCE USE DISORDERS

ANNUAL REPORT

2023/2024



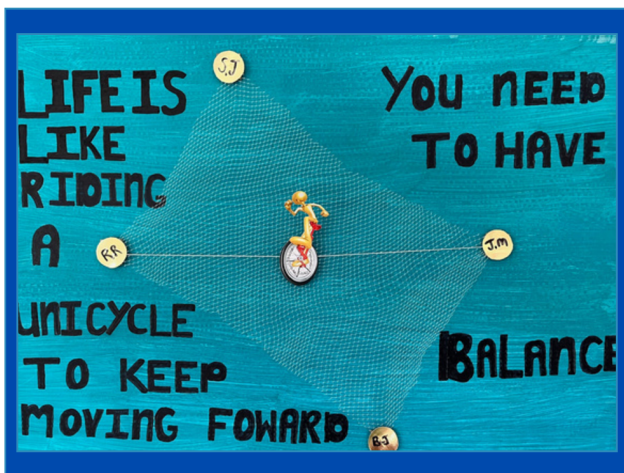
“Your purpose is not the thing you do -

***It is the thing that happens when you do
the thing you do”***

- Caroline Leaf



Table of contents



Mission, Vision, Values	3
Message from the Chairperson	4
Board members	6
Finansies	7
Staff Members	9
Toevlug Services	10
Treatment: Adult Inpatient	12
Toevlug Centre	11
Volwasse Binnepasiënte	12
From Desperation to Freedom	16
Youth Programme	15
Ek loop die pad	17
Youth Program	19
Outpatient Treatment	23
Other Services	24
Charity shop	33
Bedankings	34

Vision And Mission

Vision

Together towards a drug-free
and healthy community
-Set Free to Live-

Mission

Toeplug's mission is to
provide professional services
to communities in the
prevention, treatment and
after-care of substance use
disorders.

Values



Your purpose is not the thing you do – It is the thing that happens when you do the thing you do

As we gather today, reflecting on another year of dedication and perseverance, I am reminded of the profound impact each one of us has in the lives of those we serve.

Our mission, "Set Free to Live," is more than just words; it is a commitment to helping individuals break free from the chains of addiction and find the true essence of life.

This year's theme, "Your purpose is not the thing you do - it is the thing that happens when you do the thing you do," resonates deeply with our work here at the centre. The purpose is not confined to a single act or task; it is the ripple effect of our actions, the change we inspire, and the hope we ignite in those we touch.

Every conversation, every hand extended in support, and every moment of understanding contributes to a larger narrative of healing and transformation.

It is not merely about providing treatment or offering a safe space; it is about creating an environment where lives are renewed, and futures are rewritten.

When we help someone heal, the positive effects extend far beyond the individual. Families are reunited, relationships are restored, and communities become stronger. The healing of one person can ripple through their loved ones, creating a wave of positive change that touches many lives.

It is in these moments that we see the true purpose of our work – not just in the act of helping someone recover, but in the joy, stability, and hope that recovery brings to entire families and communities.

However, we face significant financial challenges in continuing this vital work. The reality is that those who need our help the most often cannot afford it. Many are dependent on subsidies, which, due to budget cuts, have become increasingly inadequate to fully fund our five-week program. This shortfall made it difficult to sustain the level of care and support that we are committed to providing.

In response, we have undertaken strategic planning to address these challenges. We are focusing on strengthening our brand, expanding our services—such as training programs—to create additional income streams, and actively marketing our services to reach more people. We are also fortunate to have a team of MBA students who have chosen Toevlug as part of their study project, and they are assisting us in these efforts. Their fresh perspectives and insights are invaluable as we navigate these financial hurdles.

As we move forward, let us keep this perspective close to our hearts. The work we do may not always be easy, but it is purposeful. It is about the lives changed, the hope restored, and the freedom rediscovered.

Your purpose is not the thing you do – It is the thing that happens when you do the thing you do

And in healing one person, we contribute to the healing of a whole network of people, making our communities more resilient and compassionate.

Before I conclude, I want to express my deepest gratitude to the incredible staff of Toevlug.

You receive high praise for your unconditional acceptance of every individual who walks through our doors. You make our patients feel accepted and at home, providing a safe and welcoming environment that is so crucial to their recovery.

We honour you for your professional care and the compassionate and thoughtful way you deliver it. Your dedication and empathy are the foundation upon which many lives are rebuilt.

I also want to extend a heartfelt thank you to our **Board Members** for their devotion and to the **volunteers**, whose selfless contributions make such a difference in our day-to-day operations.

To the **individuals, organizations**, and institutions who generously donate their time, resources, and support – your contributions are invaluable, and your belief in our mission helps sustain our efforts.

Lastly, to everyone who promotes our centre and spreads the word about the work we do, your advocacy is essential in reaching those who need our help the most.

**Together, we are making a lasting difference.
Thank you for being part of this vital journey.**

Together, we are setting people free to live the lives they were meant to lead, and in doing so, we are building a brighter, stronger future for all.



**Hendrienne Pool
Chairperson**

Set free to live

Meet our Board

2023 - 2027

HENDRIENNE POOL

CHAIRPERSON



DS. MALCOLM JAMES

PORTFOLIO: CHURCH LIAISON



ELIZABETH VERWOERD

PORTFOLIO: HUMAN RESOURCE



AGATHA ATKINS DU PLESSIS

PORTFOLIO: LEGAL ASPECTS



LIZETTE NORTJE

PORTFOLIO: FINANCES



ELBERTHA WILLEMSE

PORTFOLIO: SCHOOL SYSTEMS



NELIA VAN DEVENTER

DEPUTY MANAGER



THERESA ROSSOUW

MANAGER



Toevlug Centre is fortunate to be guided by a dedicated Board, composed entirely of volunteers who generously contribute their time, expertise, and passion to our mission.

Meetings take place every **quarter** basis. This group of committed individuals plays a vital role in shaping our strategic direction and ensuring that our organization continues to thrive.

Their **diverse skills** and unwavering commitment are key to the success of our initiatives and we are deeply grateful for their service.

Board Tasks!

- ✓ **Set Direction**
- ✓ **Ensure Resources**
- ✓ **Provide Oversight**
- ✓ **Extend Outreach**

“Leadership is not about being in charge. It is about taking care of those in your charge.”
Simon Sinek

INKOMSTE EN UITGAWES VIR DIE BOEKJAAR 2023/2024

Toevlug eindig die boekjaar 23/24 met 'n verlies van R101 099. Sien finansiële verslag op volgende bladsy.

Inkomste

- Die Pasiënte fooie en die subsidie van die Departement van Maatskaplike Dienste bly die grootste bronne van inkomste.
- Alhoewel klein, is die Sentrum dankbaar vir die verhoging ten opsigte van pasiëntegelde ontvang.
- Die inkomste vanuit Buitepasiënte daal in vergelyking met die vorige jaar, a.g.v. vermindering in die subsidie vir die program.
- In lyn met die strategiese doelwitte van die Sentrum is meer inkomste verkry deur opleiding en die aanbied van kursusse.
- Die donasies in randwaarde het gedaal in vergelyking met die vorige boekjaar.
- Nuwe strome van inkomste word deurlopend ondersoek.

Uitgawes

Die verhoogde lewenskoste en styging in water, elektrisiteit, munispale kostes en voedsel sit druk op die finansies van die Sentrum.

Die verhoogde lewenskoste raak nie net die sentrum nie, maar ook die families van persone wat behandeling moet ontvang. Families vind dit moeilik om binne die ekonomiese klimaat te betaal vir behandeling.

Benewens die program uitgawes moet die Sentrum ook in sommige gevalle verantwoordelikheid neem vir die voorsiening van basiese items soos bv. seep, tandepasta, tandeborsels, sjampoo klere en skoene.

Die sentrum moes ongelukkig ook binne die boekjaar voorsiening maak vir oninbare skulde vanuit mediese fondse.

Die Sentrum se boeke word jaarliks geoudit deur **Theron Du Plessis geëksperteerde rekenmeester.**

Ten spyte van die moeilike finansiële omstandighede kon die sentrum daarin slaag om professionele en uitstekende dienste aan die pasiënte, hul families en die gemeenskap te lewer.



***“Your generosity fuels our mission-
Transforming lives and offering hope where
it’s needed most.
Every donation brings us closer to
healing and recovery for those we serve”.***

Inkomste en Uitgawes vir die Boekjaar 2023/2024					
Inkomste			Uitgawes		
	2022/2023	2023/2024		2022/2023	2023/2024
Pasiëntegelde	R1 985 953	2 159 103	Huishoudelike	1 333 558	1 119 909
Subsidie: Volwassenes	4 152 420	4 313 903	Kantoor Uitgawes	602 977	598 087
Subsidie: Jeugdiges	1 614 830	1 614 830	Personeelkoste	7 250 454	6 680 467
Subsidie Buitepasiënte	891 360	784 172	Program uitgawes	450 601	534 801
Subsidie: Ander	541 594	648 782	Vervoeruitgawes	75 470	67 738
Donasies	351 324	304 048	Grond & Geboue	1 072 413	1 187 953
Huur Inkomste	6 534	16 348	Spesialiteitsdienste	143 165	519 972
Rente en Dividende	122 948	113 643	Waardevermindering	16 616	15 003
Ander Inkomste	149 524	178 130			
Opleiding en kursusse	1 913	127 881			
Etes	39 526	45 408			
Versekeringseise	47 493	61 069			
Toename in Markwaarde van aandeke	4312	-58 472			
Toekennings Ontvang	100 108	193 346			
Badisa Bestuursprogram	29 000	0			
Goedere in Natura	205 053	120 640			
Toekenning NLDTF	716 393	0			
			Surplus	15 031	
Tekort		101 099			
	10 960 285	10 723930		10 960 285	10 723 930

“Strength in Every Step Forward: Transforming Lives Despite the Challenges”

Staff

“Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved”. Mattie Stepanek

At Toevlug, our staff is the **heartbeat** of our mission to empower individuals on their journey to recovery.

Their unwavering dedication is evident in their continuous pursuit of knowledge and professional development.

Our team is committed to staying at the forefront of the field, consistently engaging in training and learning from the latest research and practices. This commitment ensures that we provide the best possible care and support to our clients, aligning with our vision to set individuals free to live fulfilling lives.

But their dedication goes beyond just learning and applying new skills. Our staff understands that their purpose is not merely in the tasks they perform, but in the profound impact these tasks have on the lives of those we serve.

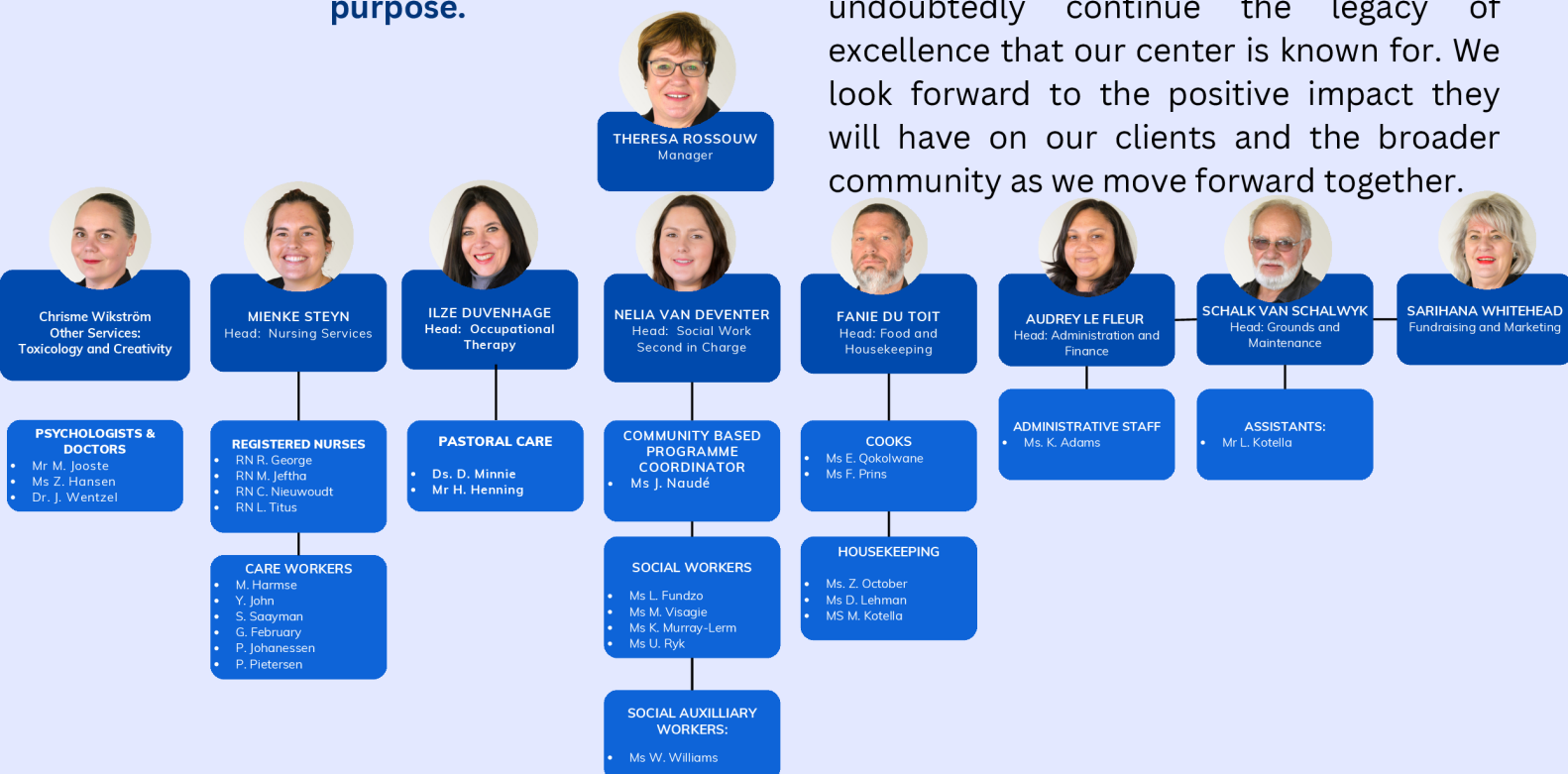
It's the transformation, the hope restored, and the lives rebuilt that truly reflect their purpose.

Every action they take is a step toward fulfilling the greater mission of Toevlug.

This year, we bid farewell to some of our long-standing staff members who have been an integral part of Toevlug's journey, namely **Chrisme Oosthuizen, Ilze Duvenhage, Zenobia October, Yvon John and Ursula Ryk**. Their dedication and contributions have left an indelible mark on our center, and we are deeply grateful for the years of service they have given.

While it is always difficult to say goodbye, we understand that life's journey often leads people to new destinations and opportunities, and we wish them all the best as they enter the next chapter of their lives.

At the same time, we are excited to welcome new staff members into the Toevlug family namely Amber Smith, Alicia Harebottle, Maliska Rabe, and Johan Mans. We are confident that they will bring fresh perspectives and energy to our mission. Their passion and commitment will undoubtedly continue the legacy of excellence that our center is known for. We look forward to the positive impact they will have on our clients and the broader community as we move forward together.



TOEVLUG SERVICES

Treatment

Inpatient Treatment

Youth
Adult

Outpatient Treatment

Youth
Adult

Community Base

Youth
AdultDrug
Testing

Rapid testing

Quantitative lab testing

Screenings

Assessment of severity of substance use problem

Brief Interventions

Menu of treatment options

Awareness
and Prevention

Information Sessions

Exhibitions/ Wellness Days

Sanca Prevention Programs - Puppets

Sanca "I Can" Early Intervention program

NEW

Special
Programs

Sanca "Take a Breather" - Smoking Cessation

NEW

Substance Workplace programs

UPGRADE

Support
Groups

Referrals to Support Groups

Zoom Support Group Meetings

Training
and
research

Training in the field of substance use disorders

Ukwanda Students, Other

Sacendu and other

Toevlug Centre

This centre is registered with the **Department of Social Development** according to the Prevention of and Treatment for Substance Abuse Act, 2008 (Act 70 of 2008) for the following services:

- **Inpatient Treatment** in terms of Section 19(3) to accommodate a maximum of 80 Clients (63 Adult Males and Adult Females and 17 Adolescent Males between 13 and 17 years).
- **Outpatient Treatment Services:** Worcester. For adult and adolescent males and females.
- **Community-Based Treatment Services**
- **Prevention Services**

The Centre is licensed at the **Department of Health** to render detoxification services.

The Centre is registered with **SANCA National**.

Toevlug Centre offers two separate inpatient programs,

- a Youth Program and
- an Adult Program.

Both inpatient programs extend over a treatment period of five weeks.

Provision is made for the full spectrum of substance use disorders and includes prescription and over-the-counter medication.

The programs consist of specifically scheduled activities provided by therapists from the disciplines of Social Work, Occupational Therapy, Creativity, Psychology, Medical/Nursing, and Pastoral Care.

KEY ASPECTS OF INPATIENT PROGRAM

ADMISSION ASSESSMENT

Admission assessment takes place within 24 hours of the patient's admission.



MEDICAL CARE

Provision is made for medical care in accordance with legislation.



PSYCHIATRIC DIAGNOSIS ARE ASSIGNED ACCORDING TO THE DSM V

Evaluate for dual diagnosis



CASEMANAGER

Patients are assigned a "case manager" for the duration of treatment.



MULTIDISCIPLINARY TEAM

Results of comprehensive assessments are reviewed and communicated to the "case manager" and the multidisciplinary team.



MOTIVATIONAL INTERVIEWING

Motivation sessions ("motivational interviewing") take place. Rapport is developed between the patient and the multidisciplinary team to help patients stay in the program for the full duration of treatment.



REVISION OF TREATMENT PROGRAM

Treatment program models are regularly reviewed and renewed in accordance with outcome-based research.



TOXICOLOGY

Urine tests are conducted on all patients on an ongoing basis and documented.



EDUCATION

Psychoeducation is provided for patients and their families. Health education, e.g., information on sexually transmitted diseases, cancer, etc., takes place.



THERAPY

Family therapy, individual therapy, group therapy, and lectures. Relaxation activities and creativity. Life skills and future planning. Relapse prevention activities are integrated into the treatment program



SPECIAL NEEDS

Interventions are appropriate in terms of the patient's age. Special services for patients with special needs, e.g., trauma counselling and services for pregnant women.



"Set Free to Live:

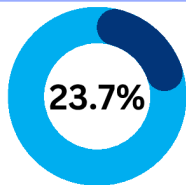
Transforming Lives Through Comprehensive Inpatient Care."

VOLWASSE BINNEPASIËNTE BEHANDEL

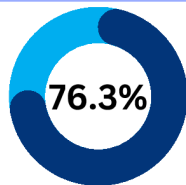
Aantal pasiënte opgeneem: 279

Primêre Afhanklikheid

Alkohol

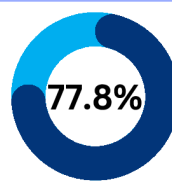


Dwelms

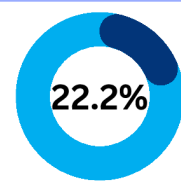


Geslagsverdeling

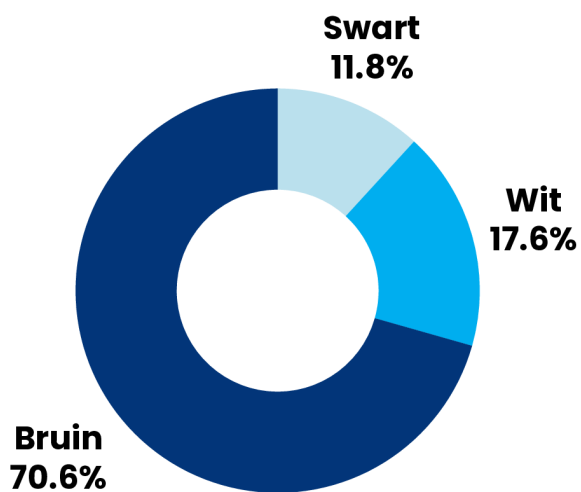
Manlik



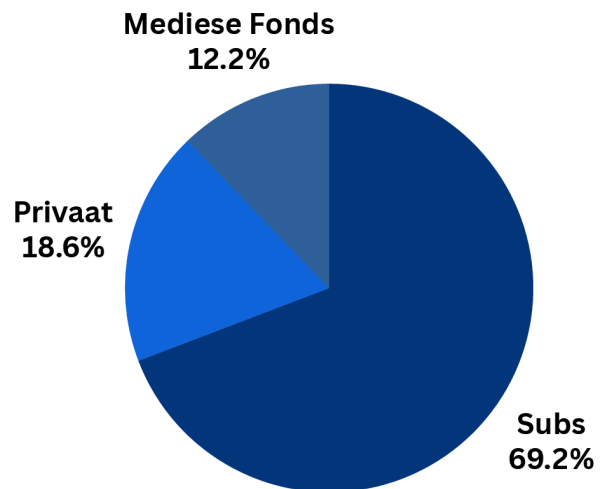
Vroulik



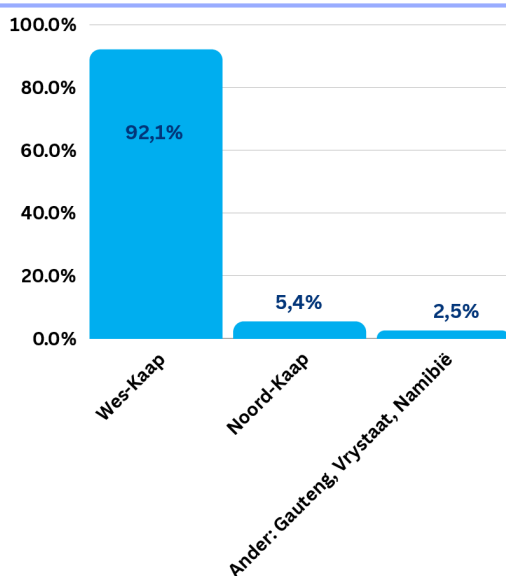
Bevolkingsverspreiding



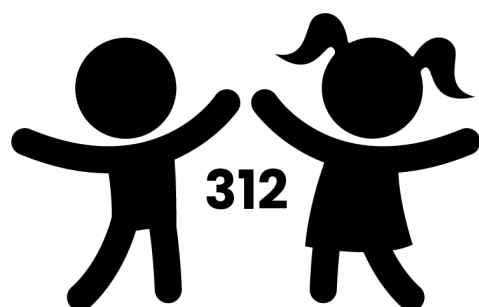
Indeling volgens betalingsmetode



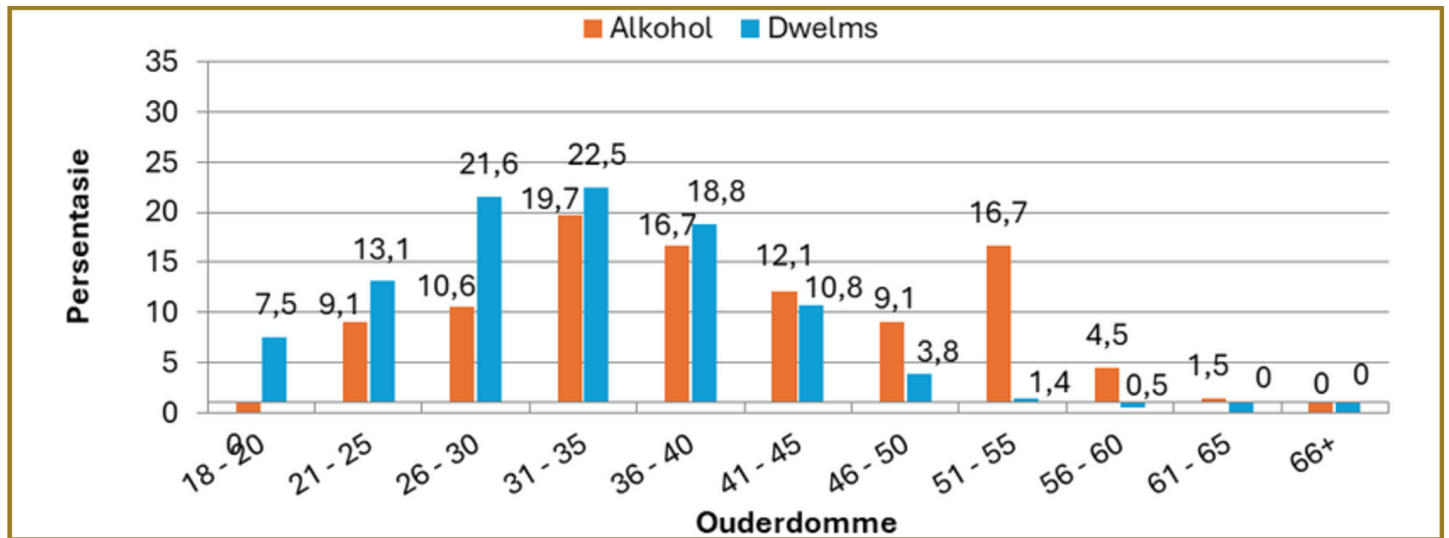
Geografiese Verspreiding



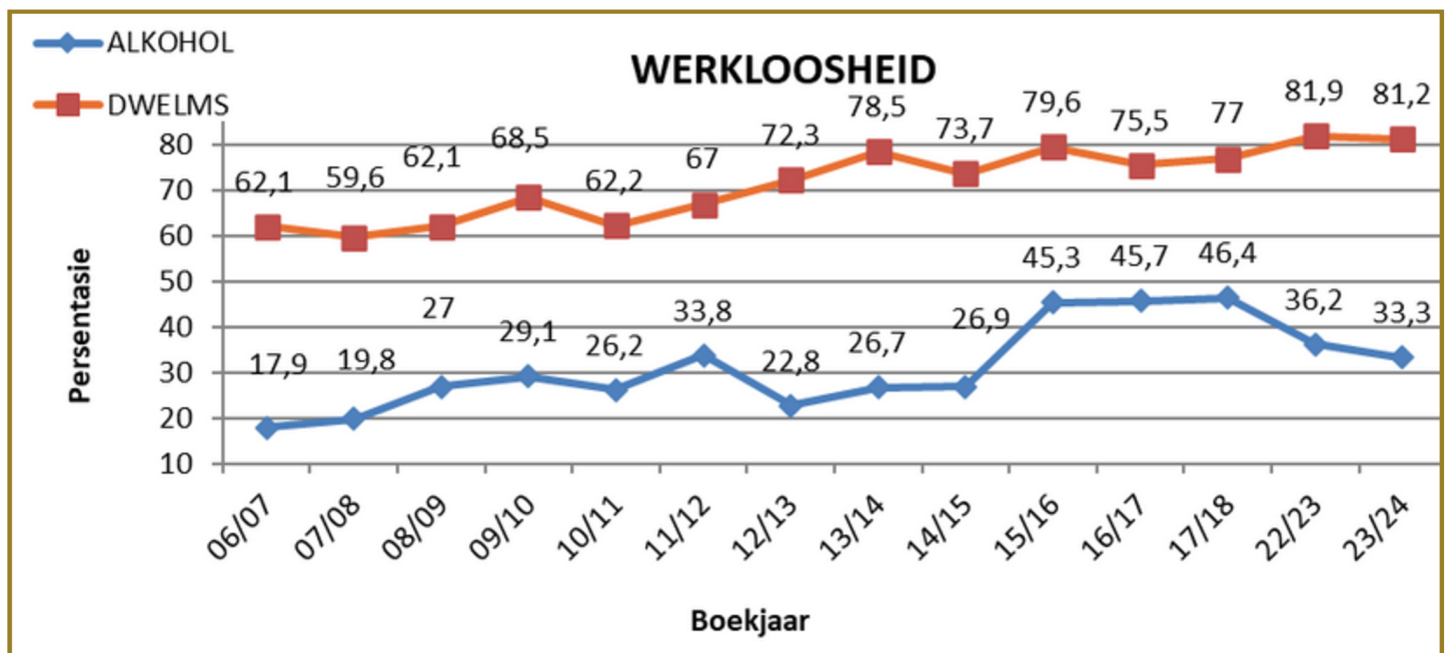
Aantal kinders geraak



VOLWASSE BINNEPASIËNTE BEHANDEL



Die dwelmafhanklikes op die volwasse program was oor die algemeen jonger as die alkohol afhanklikes. 64,8% van die dwelmafhanklikes was 35 jaar en jonger, terwyl slegs 39,4% van die alkohol pasiënte in hierdie groep was. 22,7% van die alkoholafhanklikes was ouer as 51 jaar, terwyl slegs 1,9% van die Primêr Dwelmafhanklikes in hierdie kategorie val.



Die Primêr Alkoholafhanklike pasiënte se werkloosheidsyfer was **33,3%**. As dit opgebreek word volgens die geslagsverdeling was **92,3%** van die vroulike pasiënte en 18,8% van die manlike pasiënte werkloos. **81,2%** van die Primêr Dwelmafhanklikes was werkloos. **78,7%** van die mans in hierdie groep was werkloos en **89,8%** van die vrouens. Die werkloosheid onder die vroue pasiënte is dus kommerwekkend hoog. In totaal was **69,9%** van die pasiënte werkloos. Die boonste grafiek gee 'n uiteensetting van die werkloosheidsyfer oor boekjare.



"Breaking the Cycle: Substance Use and Unemployment—Two Chains, One Lock."

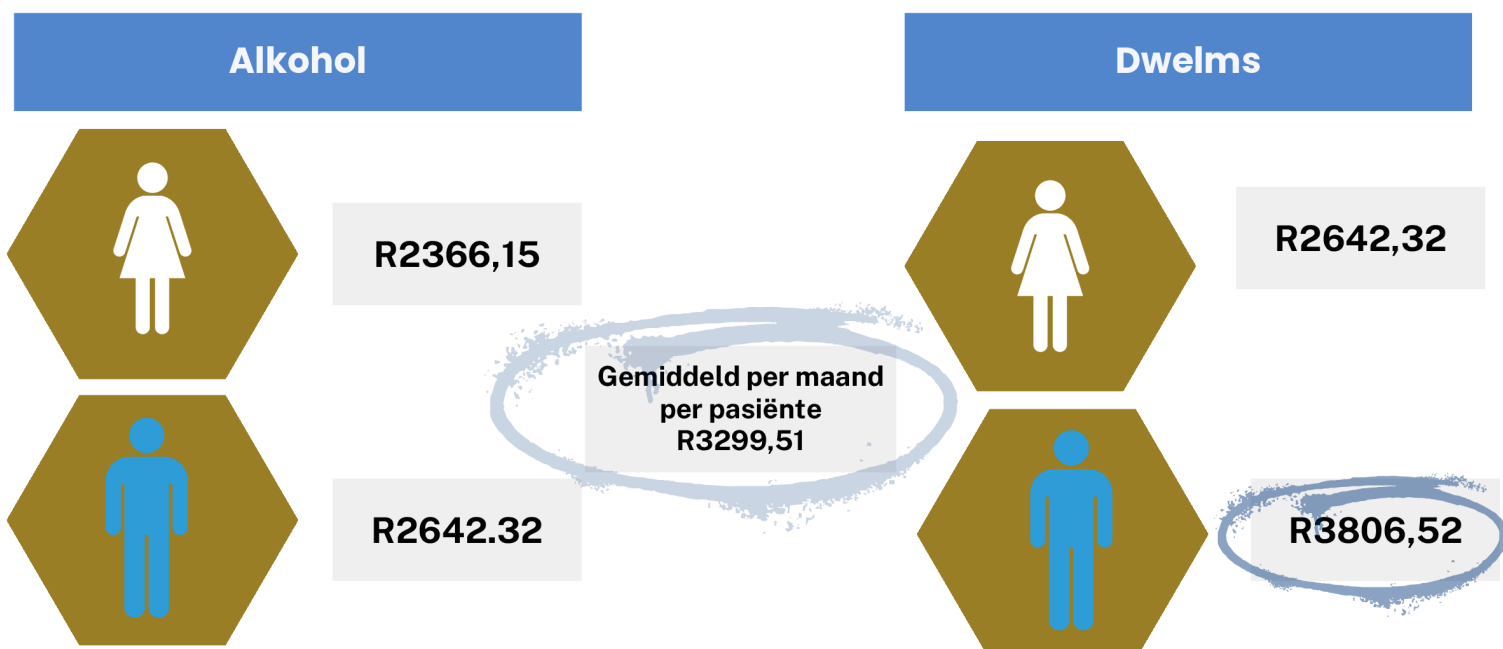
VOLWASSE BINNEPASIËNTE BEHANDEL

Die onderstaande tabel gee 'n uiteensetting van wat die persone behandel beskou het as hulle Primêre middel. Meer as die helfde (55,9%) van alle pasiënte behandel se Primêre middel was tik. Neem in ag dat die meeste persone nie slegs een middel middel gebruik nie, maar 'n kombinasie van middels. Indien daar byvoorbeeld gekyk sou word na alle middels wat misbruik is, sal die persentasie van alkohol, dagga en mandrax 'n groot styging toon.

Primêre Middel van Gebruik	Manlik	Vroulik	Totaal	%
Alkohol	53	13	66	23,7
Heroïen	10	3	13	4,7
Kokaïen	11	0	11	3,9
Dagga, Mandrax	14	4	18	6,5
Dagga	7	0	7	2,5
Mandrax	3	1	4	1,4
Tik	116	40	156	55,9
Medikasie	3	1	4	1,4
Totaal	217	62	279	100,00

Geld spandeer op middels

Die onderstaande uiteensetting gee 'n aanduiding van die gemiddelde bedrag wat pasiënte gespandeer het aan afhanklikheidsmiddels. Die inligting word deur die pasiënte verskaf tydens hul voorassesseringsonderhoude, die moontlikheid van minimalisering of oordrywing van inligting kan dus voorkom. Die manlike dwelmafhanlikes het gemiddeld **R3806.52** per maand aan afhanklikheidsvormende middels spandeer.



“From Desperation to Freedom: A Journey of Recovery and Renewal”

It was a Monday morning, March 25th, when my mother drove me to the humble town of Worcester to be admitted to Toevlug. I had a vague idea of what to expect - as this was *not my first time at a rehabilitation centre*. However, this time round, I was so desperate for help and change - I had just about lost all hope.

The months leading up to my admission to Toevlug were the worst few months of my life. Without a doubt.

I had fallen down a deep hole of addiction in such a short space of time. In this brief time, I had used up all my savings; I had maxed out my debit and credit accounts - and did this again even after receiving an increase on my credit limit.

I had cancelled my medical aid in hopes of paying back the debt to the banks. I had lost my relationships with my friends and family. I had to resign at my job, which I had only started earlier that year.

I thoroughly enjoy being an interior designer and I was excelling in this new position but once I started to spiral, I became completely unfocused, undriven and incompetent. I could not finish even the simplest of tasks and was having breakdowns almost every hour.

I was lying to everyone around me and making up the most bizarre stories to lend cash and go out to get my fix.

I was beyond miserable and lonely – constantly praying to just disappear to make all the pain and suffering vanish.

I had gotten to a point where I was no longer praying, but instead I was planning my permanent end. After one horrendous night when I was trying to overdose and failed, I received some wise words from a loved one and I proceeded to try find a way out.

Many events and traumatic fights later – I heard about Toevlug and knew that this was my last option for hope of living again. I was indifferent by the time I got out of the car and walked into the facility.

I was not scared, I was not excited. I just knew that this was my last chance and a sense of relief and gratitude washed over me.

I now no longer had to lie or make bad decisions or disappoint everyone around me. I could just surrender to the process and give life one more chance.

I cannot explain how much I enjoyed my time at Toevlug – partly because I set my attitude to make the most of this opportunity and partly because of the people I got to meet whilst living there. Every staff member at Toevlug played such a vital role in the start of my new journey to recovery. The program that has been developed there not only taught me more about the disease of addiction, but it also taught me so much about myself. It forced me to take a good look at myself and the choices I needed to start making to improve my life.

I loved the facility and felt very at home. The grounds at Toevlug and the beautiful backdrop of the mountains encompassed me in serenity and provided me with much comfort.

“From Desperation to Freedom: A Journey of Recovery and Renewal”

The staff are all warm, helpful and so dedicated to helping the clients. Each member is equipped with the necessary skills to help guide us, no matter what troubles we seemed to have faced.

As someone who is also recovering from eating disorder, the facility aimed to support me refrain from engaging in disordered eating behaviours. The approach of understanding from the team was invaluable.

I was quite sad to leave after my 5 weeks of treatment – to say the least - but I felt as if I had all the tools necessary, and the knowledge of how to use the tools, to tackle the ‘real world’ and stay committed to recovery.

Recovery is not only about abstinence from substances - it's about facing the traumas I tried to become numb to and all the obscured beliefs which fed my insecurities and pessimism.

Today, I have been sober 142 days and counting. I can honestly say that I have hope. I am doing the things I love again – running, ultimate frisbee, drawing, reading, designing. I am spending quality time with my family and my friends – relationships which I thought I could never repair. I have started to freelance and have paid off all my debts. I cannot remember the last time I told a lie. I don't go a day without laughing – laughing being one thing I hadn't done for the months before I went into Toevlug.

But most importantly...

I can spend time with myself and truly care for myself. I can look at myself in the mirror and not cringe away.



The Author of this piece is also the artist behind the above painting that was generously donated to the Centre

I can look people in the eyes and not shy away because of the overwhelming sense of guilt and shame.

I can set boundaries – I can say no. I am living life on life's terms and I graciously accept whatever comes my way as either a lesson or an opportunity – not an obligation or an obstacle that I fear.

My whole attitude and outlook on life has changed. I can smile because I'm genuinely happy and I can say with conviction – I'm not ashamed that I struggled with addiction. It has led me to the path of becoming who I am truly am meant to be and I am grateful for everything that I've been through and have overcome.

**Thank-you Toevlug
for setting me free to live.**

*From Despair
to
living Freely*

Ek loop die pad....

Ek het vroeg in my lewe die pad byster geraak. Ek kan seker my agtergrond en my omstandighede blameer, **maar ek het geleer dat elkeen van ons 'n keuse het en die gevolge daarvan moet dra.** Ek wil graag my storie met jul deel...

Ek was vir jare deurmekaar met drank en dwelms, meer spesifiek tik. Ek het soms op straat geslaap en swaar deur die lewe gekom. Op 'n stadium het ek vir omtrent 'n jaar opgehou om te drink, te tik en sigarette te rook. Ek het 'n goeie werk gehad waar ek baie gelukkig was en soos 'n kind in die huis behandel is. Stelselmatig het ek weer begin om sigarette te rook en voor ek my kom kry was ek vol terug op drank en soms tik.

Ek, met my omgee hart en mooi persoonlikheid het ewe skielik weer in 'n aggressiewe mens verander. Ek het telkemale ontken as my werkmense my vra of ek op tik is. Aangesien ek aan die vetter kant is, kon ek lekker die mense mislei, want meeste mense wat tik is brandmaer.

Ek het vir die tannie gevra sy moet my help sodat ek vir hulp kan gaan. Sy was nie bewus hoe ernstig my probleem is nie en het nie geweet hoe om werk daarvan te maak nie. My gedrag het al hoe erger geraak, ek was hardhandig en onbeskof met die mense vir wie ek gewerk het.

Ek het einde Januarie 2024 my werk verloor. Die tannie het intussen by 'n baie goeie maatskaplike werker uitgekom wat my gehelp het. Ek was die eerste keer opgeneem in April by 'n Sentrum wat nie vir my gewerk het nie.

Ek het my vorige werkgewer gebel en gevra sy moet my asb weer help. Ek was baie teleurgesteld in myself, maar het herhaaldelik vir haar gesê **OPGEE IS NIE 'n OPSIE NIE**, daar moet 'n plan B wees waar ek gehelp kan word.

Ek was gelukkig 'n plek te kry by **TOEVLUG**. Dit is seker die beste ding wat met my in my lewe kon gebeur. Ek kry skaam as ek teruggedink aan die dag toe ek toegelaat is - ek het 'n vreeslike "tantrum" gegooi, en dit oor ek nog 'n laaste sigaret wou rook, ten spyte van die feit dat ek self die vorm geteken het en ingelig was daar mag nie gerook word nie. Ek het ek tekere gegaan en gesê ek het nie kennis gedra daarvan nie. Die bestuurder van Toevlug het my met my bagasie en al geneem tot by die hek, ek was amper uitgesit voor ek opgeneem was. As ek nou dink wat van my sou geword het as dit gebeur het kry ek koue rillings.

Ek was vir 5 weke opgeneem in Toevlug. Dit was nie elke dag maklik en lekker nie. Ek het soms gedink ek wil wegloop of my mense moet my kom haal. Ons het elke dag goeie kos gekry en hul het mooi na elkeen se gesondheid gekyk. Ek is nogal kort van humeur so moes leer hoe om my humeur in toom te hou, dit het my 'n paar keer in die moeilikheid laat beland, dan het ek maar net myself afgesonder en op my bed gaan lê of gelê en Bybel lees en bid. Ek het baie by die terapeute gaan sit en huil as ek af gevoel het. Ek het in Toevlug ook geleer om nader aan die Here te beweeg, en te vertrou op sy krag, want by die einde van die dag kan 'n mens nie die pad alleen loop nie.



Ek leer myself ken

Ek het in Toevlug dinge van myself geleer wat ek nooit eers bewus was nie, ek kleur verskriklik mooi in, ek teken vreeslik mooi en het ook na Toevlug begin om “diamond dotting” te doen. Ek het geleer ek moet myself besig hou.

Ek het by Toevlug geleer dat daar mense is wat my onvoorwaardelik liefhet en nie oordeel vir die foute wat ek in my lewe gemaak het nie, ek het veilig gevoel, ek het gevoel ek behoort.

Ek het baie lief geraak vir al die mense wat met my gewerk het in Toevlug. Ek gaan nog elke week gereeld deur my notas, maak seker ek onthou alles wat ek geleer het.

Ek is vandag reeds 54 dae ontslaan uit Toevlug en is baie trots om te sê ek is steeds 100% sober en skoon van alles. Dit is net die Here se genade wat my deurgedra het. Ek het weer my werk terug, en is baie bevoorreg om goeie ondersteuning te hê. Ek woon weekliks die Woensdagaand zoom sessies by, woon gereeld sessies by op my tuisdorp by wat ons maatskaplike werker aanbied asook gereelde alleen besoek by haar.

Ek probeer elke dag om iets toe te pas wat ek tydens my rehabilitasie geleer het. Ek verlang verskriklik terug na Toevlug. Ek maak gereeld kontak met van die mense daar. Ek vertel net vir almal hoe lief ek vir die mense by Toevlug is en wat hul vir my beteken het. Ek het ook al ‘n besoek gaan aflê sommer net omdat ek hulle verlang en mis en vir hul ‘n geskenk wat ek gemaak het wou gee.

Ek kan met ‘n blye hart dankie sê dat Toevlug op my pad gekom het, ek het nog nie een dag spyt gehad dat ek daar gedraai het nie. Ek vertel met trots vir vreemdelinge ek was in Toevlug. Ek dra met trots my Toevlugbandjie om my arm.

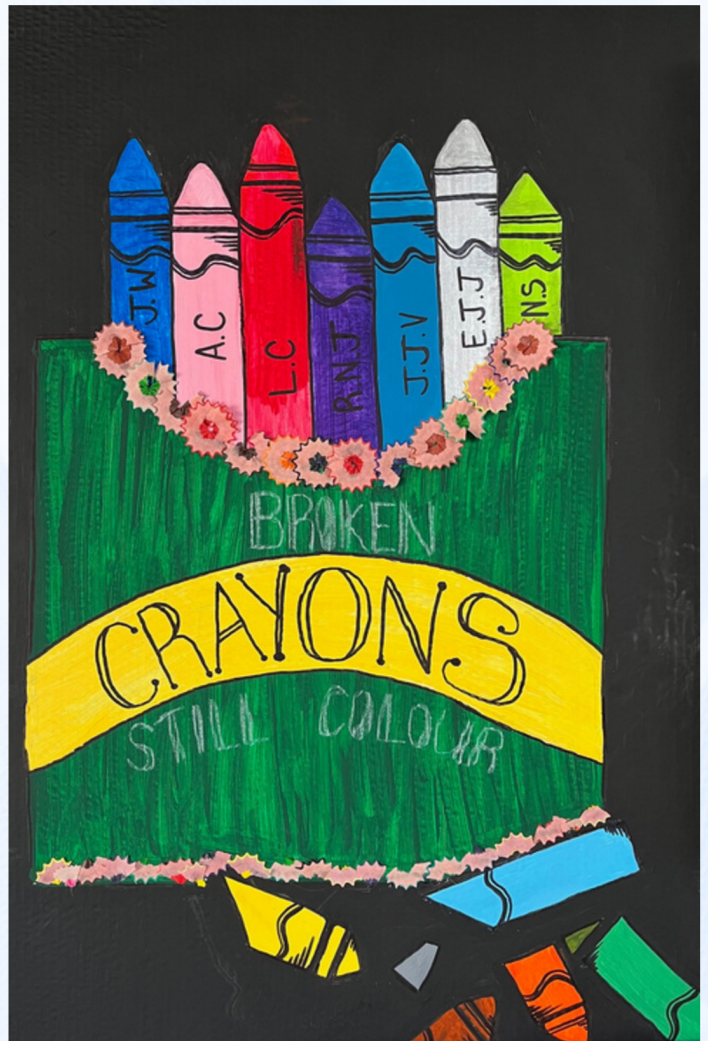
Ek loop kerk en probeer elke dag net om ‘n beter mens te wees.

Ek wil graag deur my voorbeeld vir ander wys dis **NOOIT** te laat om vir hulp te gaan nie. As jy bereid is om op te offer en gehelp wil word, is daar verseker vir jou hulp by Toevlug.

Ek wil vir elkeen van jul wat die stukkie lees vra om vir my en ander wat al in my skoen geloop het asook vir Toevlug en sy mense te bid, ons het dit almal elke dag nodig om ‘n verskil te kan maak.

Aan Toevlug en al sy mense, **BAIE BAIE DANKIE** vir dit wat jul vir my beteken het en steeds beteken. Ek dra jul elkeen baie diep in my hart. Dankie dat jul vir my ‘n kans gegee het op ‘n nuwe lewe toe niemand vir my kans gesien het nie.

Met liefde van SEW (Trotse Toevlugkind



Youth Program

Exploring, Growing and Thriving



YOUTH PROGRAM

Individual sessions	Group sessions	Role players	Challenges
Assessment Individual development plan according to needs	Orientation and rules Bridge Model Self-portrait Hubbly Bubbly and Cigarette Cannabis	Pastoral Counselors	Poor family support Family abusing substances Absent parents
Topics may vary, e.g: Recovery of family relationships, self-image, trauma, peer pressure	Insight and motivation Stress management Relaxation Therapy Choices Emotions Physical damage Cross Addiction Problem-Solving	 SATVI	Poverty Shortage of clothing and toiletries Behavioral Problems 
Referrals to psychologist, pastoral counselor, dietitian	Leisure activities Day Planning Conflict Management I Message Aggression Communication	SAPS Worcester	Intellectual difficulties Poor academic performance Poor or no School attendance
 Family Therapy	Making new friends Peer pressure and temptations Triggers and Cravings 5 General challenges in recovery Family Roles Neglections during use	Brandvlei Correctional Services - Youth Program	Mental health conditions Psychosis ADHD Depression
Behavioural therapeutic interventions	Knowledge of self Readjustment in the community Boosters and Busters Relapse Prevention Aftercare Programme Evaluation	Botanical Gardens	Language Barriers Language skills and vocabulary Read with understanding

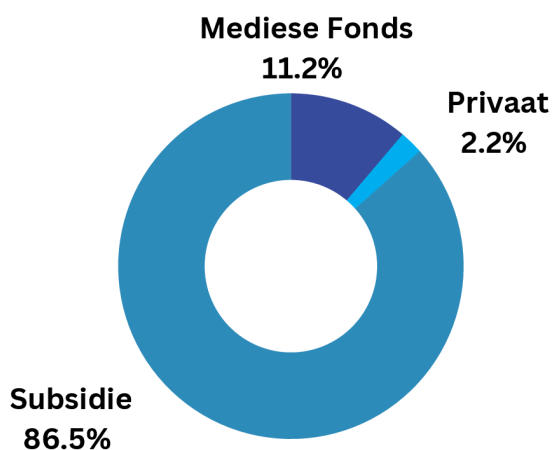
JEUGPROGRAM

AANTAL JEUG BEHANDEL: 89

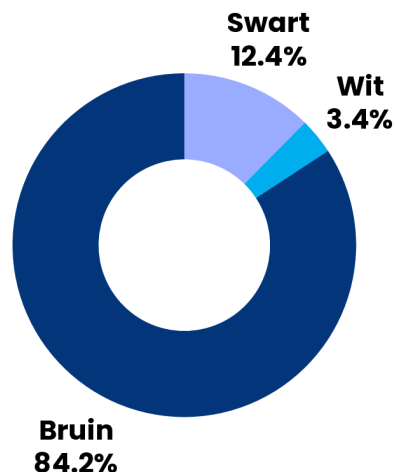


Slegs seuns tussen die ouderdom van 13 - 17 jaar.

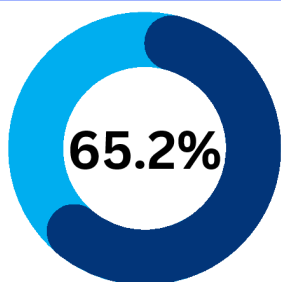
Betalingsmetodes



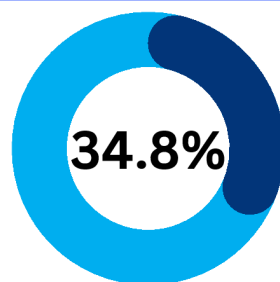
Bevolkingsamestelling



Skoolgaande



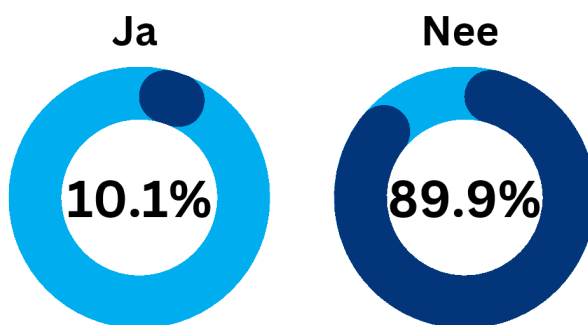
Nie Skoolgaande



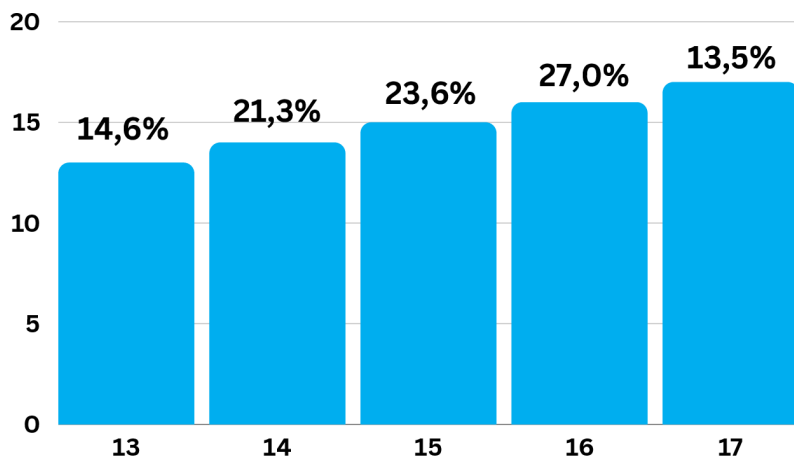
Geografiese Verspreiding



Vorige Behandeling



JEUGPROGRAM



Ouderdomsverspreiding

Die tabel gee 'n uiteensetting van die ouderdomsverspreiding van jeugdige opgeneem. **27% was 16 jaar.**

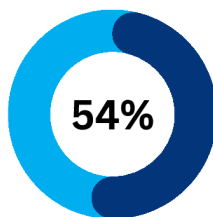
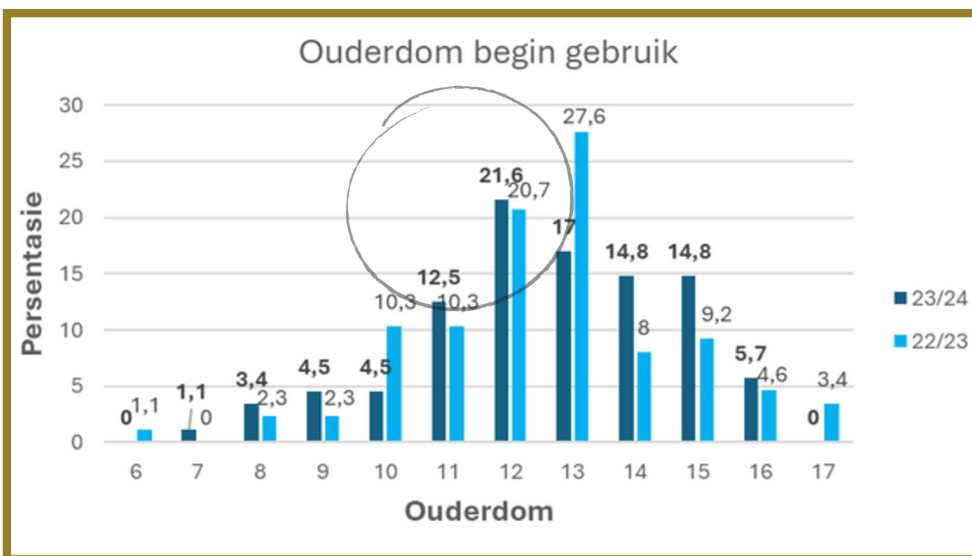
Geld Spandeer op middels

R1057,30

Verwysers

Verwyser	Aantal	%
ACVV	11	12,4
Ander	6	6,7
Badisa	8	9,0
Boys Town	2	2,2
DSD	27	30,3
Kindersorg	6	6,7
Privaat	5	5,6
Skole	13	14,6
Toevlug	5	5,6
Veld Substanse	6	6,7
Totaal	91	100,0

Die onderstaande grafiek gee 'n uiteensetting van die **ouderdom** waarop die jeugdige begin het om middels te gebruik. Die vorige boekjaar se data word ook deurgegee.



54% van Jeugdige opgeneem het geen kerkverband nie. Beoefening van geloof is baie beperk.

% Middels Gebruik

Dagga

97,8

92,1

Sigarette

Mandrax

7,9

2,2

Kokaïne

Alkohol

21,3

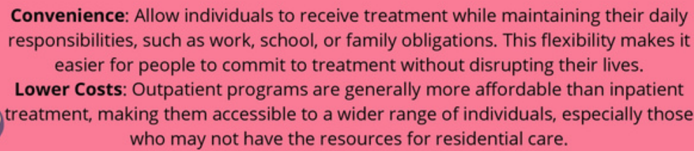
Tik

23,6



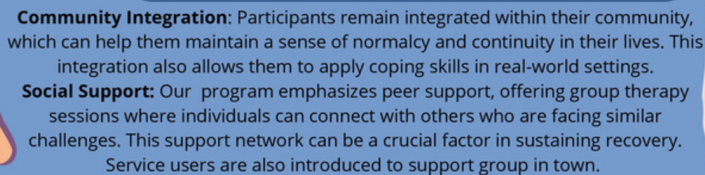
✦ Empowering Recovery: ✦

ACCESSIBILITY AND FLEXIBILITY



EARLY INTERVENTION

SUPPORTIVE ENVIRONMENT

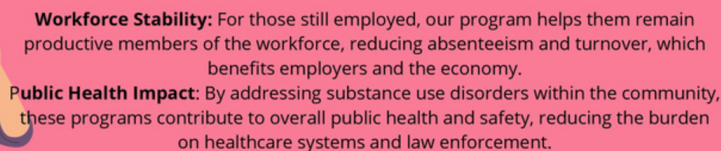


CUSTOMIZATION /CONTINUITY OF CARE

Ongoing Support: Our program provides long-term support, helping individuals maintain their recovery over time. The continuity of care ensures that participants have access to resources and guidance even after completing the initial phases of treatment.



STRENGTHENING THE COMMUNITY



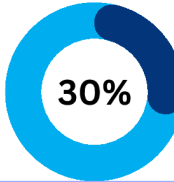
ons, re

"SET FREE TO LIVE:

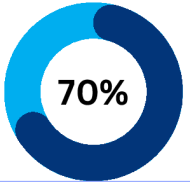
AANTAL PASIENTE OPGENEEM: 171
(WORCESTER EN STILBAAI)

Program

Jeug

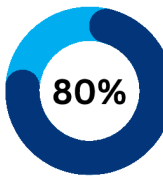


Volwassenes



Geografiese Verspreiding

Worcester



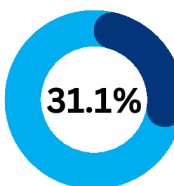
Stilbaai



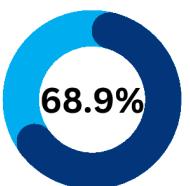
VOLWASSE BUITE PASIËNTE PROGRAM

Primêre Middelgebruik

Alkohol

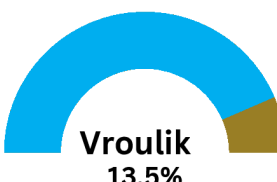


Dwelms

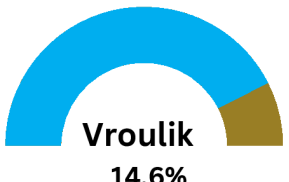


Geslagsverdeling

Alkohol



Dwelms



SANCA - I CAN PROJECT

I BELIEVE I CAN FLY...

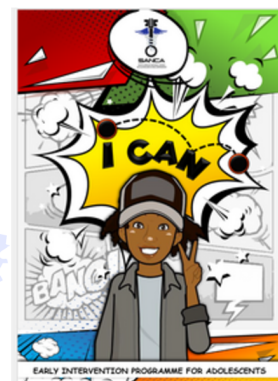


To provide the best possible treatment for children with Substance Use Disorders, SANCA National developed the **I CAN project** consisting of four programmes:

1. Early Intervention Programme for Adolescents with a SUD (**I CAN Programme**)
2. Individual Counselling Programme for Adolescents with a SUD (**Together We Can**)
3. Workshop for Parents (**We Can Parents and Caregivers**)
4. Workshop for Educators (**We Can for Educators**)

Target Group

This programme is designed for school going children, 13 to 17 years



Level of intervention

The programme has been designed as an **early intervention programme** focused on behaviour change.

The I Can Treatment Programme for Adolescents consists of the following sessions:

Introduction: How Do Drugs Effect your Life and What Happens When You Stop Using Drugs?

- **Module 1:** How Do Drugs Affect Your Brain?
- **Module 2:** How Do You Take Care of Your Mental Health?
- **Module 3:** How Do Drugs Affect Your Family?

- **Module 4:** How Do You Stop And Change Your Alcohol, Tobacco and Other Drugging (ATOD) Behaviour?
- **Module 5:** Can Stress Lead to Substance Misuse?
- **Module 6:** How Do You Stay Motivated?
- **Module 7:** How Can I Make Better Choices?
- **Module 8:** What is a Recovery Safety Plan?

SANCA National provided funding to offer the "I Can" Program at a school. The Centre chose **Langerug School** as the location. The program reached **15 youths**.

The school was very supportive of the program and allowed Toevlug to use the school offices and school hours to present the sessions. This helped us ensure that all the group members attended every session.

We used contingency management during the group sessions. When they completed the session, we celebrated with them by giving them something sweet to eat. During the certificate ceremony, they all received cake as a way to thank and congratulate them.

The fact that the same facilitators conducted all the group sessions gave the members an opportunity to trust the facilitators, which led to them opening up more throughout the sessions. **The school recognizes the value of the program, and a good relationship has been established between the key players.**

All the group members who started with the first session completed the program.

SUPPORT GROUPS

The Centre encourage all patients to join a support group of their choice.

- Patients are taken weekly to the Monday evening CAD groups for exposure to support groups
- During the treatment, the NA visits the Centre

TOEVLUK ZOOM GROEP

Die Zoom-ondersteuningsgroep speel 'n belangrike rol in die nasorg van pasiënte. Dit groep bied 'n **veilige** en **bekende** omgewing waar oud-pasiënte weekliks kan vergader om **ondersteuning, aanmoediging en raad te** ontvang.

Vergaderings word een keer per week via Zoom gehou. Die feit dat dit aanlyn is, maak die sessie toeganklik vir almal wat internet verbinding het.

Elke sessie word gelei deur 'n opgeleide fasiliteerder wat die gesprek rig, uitdagings bespreek en die groep motiveer om volgehoue herstel te handhaaf.

Die teikengroep is pasiënte wat die Binne-pasiënte program voltooi het. Dit skep 'n gevoel van gemeenskap en gedeelde ervaring, wat baie waardevol is vir die herstelproses. Naaste familie is ook welkom om deel te neem.

Tydens die vergaderings word daar gefokus op die bespreking van voortgesette uitdagings, suksesverhale en strategieë om terugval te voorkom. Daar is ruimte vir individuele bydraes en vrae.

Alle besprekinge is konfidensieel om die privaatheid van die deelnemers te beskerm. Deelnemers meld dat die groepe hulle help om op koers te bly met hul herstel, gevoelens van isolasie te verminder, en hul 'n plek gee om openlik te praat oor hul ervarings. Dit dra by tot die volhoubaarheid van hul herstel.

151

Aantal persone
wat Zoom
vergaderings
bygewoon het

Value of Support Groups



1 Peer Support

2 Shared Experiences

3 Accountability

4 Education
and information

5 Coping Strategies

6 Relapse Prevention

7 Emotional Support

8 Hope and inspiration

9 Non Judgemental
Environment

10 Community and
Social Connection

Toevlug CENTRE FOR SUBSTANCE USE DISORDERS
Set free to live Prevention | Treatment | Aftercare

ZOOM SUPPORT GROUP MEETINGS



Meeting ID:
824 0016 8987



Passcode: 892184



Every Wednesday



19:00

JOIN US

www.toevlug.org



MORE INFO
023 3421162



OPTION 1

Drug testing plays a crucial role within a rehabilitation centre for individuals recovering from substance use disorders. Its primary purposes are to monitor and support the recovery process, ensure a safe and drug-free environment, and promote accountability. The Centre are very fortunate to have a drug laboratory.

The laboratory is not only used for the Centre's inpatients and outpatients. Persons from the community can also have drug tests done at the Centre. The tests are preceded by a therapeutic conversation and results are worked through with the persons. If the results are positive, the family, spouses or parents are assisted in relation to appropriate references to resources. .

A test that can estimate the amount of drug in a specimen is called a “quantitative” test. Toevlug's Laboratory will assist with a clear interpretation of results, to help dismiss any uncertainties. Utilizing revolutionary Biochip Array Technology, the Evidence Investigator allows the simultaneous detection of multiple drugs and metabolites from a single sample for efficient and cost-effective testing. Currently, substances tested, include:

- Methamphetamine (Ti k)
- Opioids (Heroin, Codeine Related Medication)
- THC (Dagga)(Anesthetics/Sedatives)
- Barbiturates PCP
- TCA (Cocaine)
- Benzodiazepines 1&2 Weight loss & Narcolepsy Treatment) (Suboxone)
- Benzoylcegonine
- Amphetamines Buprenorphine
- Methadone
- MDMA (Extacy)
- Methaqualone (Mandrax)
- Plus CREATININE (Dilution marker in Urine) to monitor if a sample has been tampered with.
- Test results are available within 24 hours after delivery at Toevlug Centre.

OPTION 2

Rapid Tests

This year, we expanded our services by introducing 9-panel rapid tests alongside our existing Randox machine testing.

Increased Efficiency, Accessibility, and Affordability

The addition of the 9-panel rapid tests offers significant value to our services. These tests provide quick and reliable results, allowing for immediate insights into a client's substance use. This rapid turnaround is especially valuable in urgent situations, enabling our team to make informed decisions and tailor treatment plans swiftly.

Comprehensive and Cost-Effective Screening

By combining the accuracy of the Randox machine with the speed and affordability of the 9-panel rapid tests, we offer a more comprehensive and accessible screening process.

The 9-panel tests provide a more cost-effective option, particularly beneficial for members of our community who may face financial constraints.

Families concerned about a loved one's substance use can now access reliable testing without the financial burden, making it easier to seek help when needed.

Guided Support with Every Result

To ensure that each client receives the appropriate care and support, all test results are discussed with a qualified therapist. This step is crucial in helping clients and their families understand the implications of the results and to develop a personalized treatment plan that addresses their specific needs.

"Empower Your workplace. Support Your People. Strengthen your business"

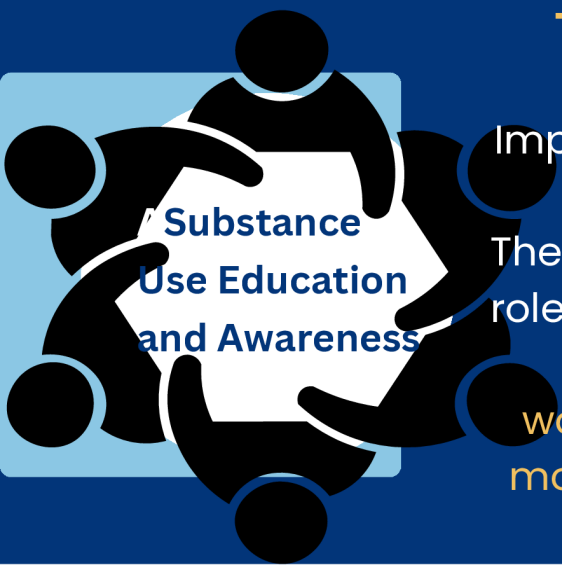
WHY?



- At the core of every thriving workplace is the well-being of its people.
- Substance use disorders silently undermine this foundation, leading to lost productivity, accidents, and diminished morale.
- Our mission is to create workplaces where every individual is empowered to live and work free from the constraints of substance use—because when employees are healthy and supported, businesses and communities flourish.

We achieve this by offering **comprehensive training programs** that educate and equip workplaces to recognize, address, and support substance use disorders. Our approach is grounded in **empathy, awareness, and practical strategies** tailored to the unique challenges faced by South African businesses. Through our training, we foster an environment where stigma is reduced, early intervention is encouraged, and employees feel safe to seek help.

HOW?



Toevlug provides expert-led training sessions:

Impact of substance use on the workplace
Importance of early detection, and effective strategies for supporting affected employees.

The Program Empowers businesses to play a proactive role in tackling substance use disorders. **By investing in our training, companies not only enhance their workplace culture but also contribute to a healthier, more productive workforce and a stronger economy.**

POPPEKAS

Die Sentrum was bevoorreg om 'n poppe vir 'n poppekas geskenk te kry by 'n donateur. Onder leiding van SANCA het personeel opleiding in die gebruik van 'n poppekas asook 'n uitgewerkte program met die naam "Shatterproof" ontvang.

Die Sentrum het ook hulle eie inhoud vir die poppekas geskryf wat fokus op "hoe om nee te sê" asook die gevare verbonde aan die rook van dagga.

Optredes is gedoen by verskeie skole. .



"A puppet show is a powerful tool in the prevention of substance use among children, as it empowers young minds to make wise choices through engaging storytelling and relatable characters, fostering a foundation of resilience that shields them from harmful temptations."

INLIGTINGSPRAATJIES



Ten einde Toevlug se diens aan die breë publiek bekend te stel word sterk klem gelê op interaksie met gemeenskappe. Die gemeenskap word bewus gemaak van enersyds die vernietigende effek van dwelms en die andersyds word die dienste van Toevlug op 'n breë front bekend gestel.

Inligtingspraatjies:

Inligtingspraatjies oor alkohol- en dwelmverwante onderwerpe word op uitnodiging aangebied. Die teikengroepe sluit in, skole, klinieke, plase, Korrektiewe Dienste, Hospitale, Munisipaliteite, kerke, Departement van Landbou en Besighede.

Uitstallings:

Die Sentrum het oor jare 'n kleurvolle uitstalling opgebou, wat gebruik word om inligting aangaande alkohol en dwelms visueel oor te dra. Uitstallings word op aanvraag gedoen binne die werksomgewing, gemeenskappe, kerke, skole ens.



BESOEKERSGROEPE

In die afgelope boekjaar het verskeie groepe by die sentrum besoek afgelê en besoekers is ingelig oor die werksaamhede van die sentrum of het voorligting ontvang aangaande alkohol- en dwelmafhanglikheid.

Soberheidsverjaarsdae

Op 3 Desember 2023 het Toevlug hulle jaarlikse Soberheidsfees gehou. Ds. Malcolm James het hierdie spesiale dag gelei met 'n boodskap van bemoediging wat hy oordra aan almal teenwoordig. Oud pasiënte van Toevlug het hulle wonderlike getuienis gelever en motivering gesaai. Teen die einde van die diens het almal die geleentheid gekry om hulle Soberheid te vier deur 'n kersie aan te steek. Ons het almal die dag saam geniet met etes, lekkerny en koeldrank wat verkoop was. Vir die kinders was daar 'n hoekie vir gesigverf asook 'n springkasteel. Ons is dankbaar vir die sukses van die somersdag.



Ons volgende Soberheidsfees vier ons op Sondag 1 Desember 2024.

Die viering van soberheid of dwelmvrye lewens is uiters belangrik, veral wanneer diensgebruikers 'n kers aansteek om hul jare van soberheid te vier.

Hierdie daad simboliseer nie net die oorwinning oor verslawing nie, maar dit beklemtoon ook die persoonlike groei, deursettingsvermoë, en hoop wat hulle oor die jare opgebou het. Deur hierdie prestasies te vier, word hulle herinner aan hoe ver hulle gekom het en dit dien as inspirasie om voort te gaan met hul herstel.

Dit is 'n kragtige oomblik van erkenning en selfbevestiging, wat ook ander kan motiveer om dieselfde pad van herstel te volg.



Studente

Ukwanda is 'n inisiatief van die Universiteit van Stellenbosch se Mediese Fakulteit en is betrokke by studente opleiding en die ontwikkeling van satelliet kampusse, onder meer in Hermanus en Worcester. Studente van Ukwanda wat by die sentrum inskakel sluit in Dieetkunde, Fisioterapie en Mediese studente.

Ander studente wat ingeskakel het:

- Twee Nederlandse maatskaplike werk studente van die VIAA skool het ingeskakel in by die sentrum vir prakties
- Twee 4de jaar maatskaplike werk studente van Stellenbosch Universiteit het ingeskakel by die sentrum vir prakties
- Twee studente het ingeskakel by die sentrum in vir hul Nagraadse Diploma in Verslawingsorg by UCT se praktiese ure.

Deelname aan Navorsing

Die Sentrum verwelkom navorsing op die gebied van substanssteurings en is altyd bereidwillig vir deelname. Die sentrum het deelgeneem aan die volgende navorsingsprojekte:

- **Prof. Dirk Smith** Effek van dwelms op die tande.
- **Danyschka Jacobs:** "Baaiers women face when attempting to access addiction treatment services". (PHD)
- **Natasa Merlo:** Personality disorder comorbidity in patients with SUD: Exploring social Workers experience of the screening and assesment process within outpatient treatment."
- Die Sentrum se statistieke gaan deur na **SACENDU** en die Sentrum neem ook deel aan die "Service Quality Measurement" projek wat deur die Mediese Navorsingraad gedoen word.

Vrywilligers

Die sentrum is ongelooflik dankbaar vir elke vrywilliger wat inskakel by die sentrum. Die volgende vrywilligers skakel in by die Sentrum:

- **Ds. Debbie Minnie**, pastorale berader, bied Donderdae individuele terapie aan jeug sowel as volwasse binne pasiënte.
- **Mnr. K. Daily**, bied Vaderskap groepe aan die volwasse binne pasiënt mans aan op Woensdae. Neem jeug binne pasiënte op berg uitstappie gedurende die 5-week siklus.
- **Mev. Barnard**, beman Toevlug klerewinkel op Woensdae en Vrydae.
- 'n Span persone onder leiding van **Mnr. Hennie Blignault** bied Woensdae en Sondag Bybelstudie aan.
- **Mnr. Blackie Swart** van die Worcester Christen Gemeente kom spreek die pasiënte toe tydens die oggend godsdien.
- **Jeugprogram vrywilligers** is verantwoordelik vir inligtingssessies, sport, oefeninge, kreatiwiteit, en dans.
- **Jan Hendrik Wandrag** doen weeklikse bybelstudie met die jeug.

Opleiding

Dit is belangrik dat die personeel goed opgelei is en deurlopend verder ontwikkel en groei in die veld van substansie.

PG Dip Addiction Care - Universiteit van Stellenbosch

Die volgende personeel/konsultante het reeds hul **PG Dip aan die Universiteit van Stellenbosch** voltooi:

- Mnr. Murray Jooste en me. Z. Hansen (Sielkundiges)
- Me. N. van Deventer, Me. M. Visagie, Me. J. Naude, Me. U. Ryk (Maatskaplike Werk)
- Me. T. Rossouw (Bestuurder)
- Me. I Duvenhage (Arbeidsterapeut)
- Me. C. Oosthuizen (Kreatiwiteit)
- Me. M. Steyn (Medies)

Die volgende personeel is besig met hulle eerste/tweede jaar van PG Dip:

- Me. L. Fundzo (Maatskaplike Werk)
- Me. K. Murray Lerm (Maatskaplike Werker)

Al die terapeutiese personeel is lede van **ASAP** en die **UTC** Kursusse word gedoen.

Badisa opleiding

- Me. van Deventer en Me. Naude het die **Badisa Bestuursopleiding** ontvang. Beide personeel is ook ingeskakel by die **Badisa Supervisie** opleiding asook die **Badisa leierskapsontwikkeling**.

Sanca

- Personeel het ingeskakel by die opleiding van die **"I Can"** projek en deurlopende supervisie vind plaas.
- Die terapeutiese span het opleiding opvang in die **"TAB Program - Take a Breather"**. Hierdie program is saamgestel om persone te help om op te hou rook.
- Die terapeutiese span het die **SANCA konferensie** bygewoon.

SAAMS (South African Addiction Medicine Society (SAAMS))

Me. N. van Deventer het die vergadering bygewoon. Sy het ook opgetree as een van die sprekers rondom die onderwerp: "Is smoking free addiction treatment possible?"

The Universal Prevention Curriculum for substance Use (UPC)

Me. Rossouw het die kursus voltooi en moet finale eksamens skryf vir akkreditasie.

Noodhulp

- 12 Personeel het **noodhulp** opleiding ontvang en vlak 1 en 2 suksesvol voltooi.

Trauma Release Exercises (TRE)

Die terapeutiese personeel het TRE sessies bygewoon en die tegniek prakties ervaar. Mindspring se kursus oor "understanding intergenerational trauma" is bygewoon.

Ander Studies en opleiding

- Me. W. Williams (MW Hulpwerker), is tans besig met haar finale jaar in Maatskaplik deur Unisa
- Mnr. M. Henning is besig met sy graad in teologie deur Hugenote Kollege.

Toevlug Centre's Charity Shop: Building Hope and Community Support

Toevlug Centre, dedicated to supporting individuals with substance use disorders, has embarked a few years back on a remarkable journey to not only transform lives but also uplift the community it serves.

Faced with the challenge of limited resources, Toevlug Centre took the innovative by establishing a charity shop. This initiative provides crucial additional funding for the Centre's vital work and serves as a beacon of hope and support for both our patients and the broader community.

The Heart of Our Volunteers

The success of Toevlug Centre's charity shop is made possible by the dedication and generosity of our volunteer. **Ms. Zenda Barnard** stands out as a shining example of selflessness. Working tirelessly without monetary compensation, Ms. Barnard's passion for making a difference extends beyond the shop's daily operations. She serves as a role model and source of inspiration for our clients, fostering a sense of community and unity that is vital for healing and rebuilding lives.

Expansion and Renewal

With the shop's expansion, Ms. Zenda Barnard has taken on the monumental task of rearranging and revitalizing the space, ensuring it remains welcoming and efficient for all who visit. Her dedication and tireless efforts have transformed the shop, allowing us to better serve our clients and the community with a wider selection of quality pre-loved items.

Supporting Our Patients

Beyond generating crucial funding, the shop plays a vital role in directly supporting our clients. Many individuals arriving for treatment come without the necessary clothing, shoes, and personal items. Thanks to the generosity of our donors and the hard work of our volunteer, the shop provides these essential items to our patients, ensuring they have what they need as they embark on their journey to recovery.

Gratitude for Continued Support

We remain deeply grateful for the generous donations we receive from individuals and local businesses. These contributions are the lifeblood of our shop, enabling us to continue providing essential funding for Toevlug Centre's programs. Moreover, we extend our heartfelt thanks to the public for their ongoing support and patronage. Your involvement not only sustains our operations but also helps create a stronger, more compassionate community.



**Shop with purpose,
Change a life**

Toevlug wil graag die volgende persone en instansie bedank:

Baie Dankie

Badisa	Ondersteuning, Opleiding, Leiding, Strategie, Netwerke
Sanca Nasionaal	Programme, Opleiding, Netwerke, Befondsing
Dept Maatskaplike Ontwikkeling	Finansiële ondersteuning en vennootskap
Toevlug Beheerraad	Tyd, kundigheid, lojaliteit teenoor die sentrum, rigtinggewing, ondersteuning
Verwysers	Maatskaplike Werkers, Sielkundiges, Dokters en Psigiaters wat verwysings- en ondersteuningsdienste lewer
UKWANDA	Universiteit van Stellenbosch – Studente: Medies. Dieëtkundiges
Dokters, Psigiaters en Tandarts	Dr. Wentzel wat die ekstra pad stap met elke pasiënt. Dr. Jarvis en Dr. Weich vir die lewering van psigiatriese dienste. Dr. Crotz vir tandheelkunde dienste. Worcester Hospitaal, GGS40, Brewelskloof apteek en Avian Park Kliniek.
Pastorale konsultante	Ds. Debbie Mienie – Individuele terapie; Oom Hennie Blignault en sy span; Kevin Daly, en Shaun White; Moslem konsultante
Vrywilligers	Alle vrywilligers wat dienste lewer op die jeugprogram asook Ashley Moses vir die lewering van tromterapie
Zenda Barnard	Vir die bestuur van die winkel. Al die ure en harde werk gaan nie ongesiens verby nie
CAD en NA	CAD: Die inskakeling van ons pasiënte by die CAD. NA: Die besoek aan die Sentrum vir die verspreiding van inligting rondom Groepe
Kerke	VGK en NGK gemeentes in die ring van Worcester asook alle ander gemeentes en denominasies vir bydraes, voorbidding en ondersteuning
Rolspelers	Departement Korrektiewe Dienste – “Peers accompany”, Famsa, Mosaïek, SAPD, SAVTI, Kleinplasie

Vrugte, Groente, Kruideniersware, Kos

Fishcatering Supplies
Mar-Louise Pieterse
Alwyn Naude
Jacobus & Raelene vd Merwe
Wiehann Stemmet
Malmesbury Meule
Langeberg & Ashton Foods
APL Kartonne
Oosie Oosthuizen
Wilhelm Naude
Rabie – Olive Greek
HS Montana – De Wet
Humphrey en Donnie du Plessis
Petrus van Rensburg
Pieter Viljoen
Pepsico
Rogene Brand
NJ Phillips

Bollieland – Linda Groenewald
Billy Kloppers
JP Stofberg
JAT Fruit
Pieter Stofberg
Andries Hamman
NGK Worc -Noord Seniorgroep
Worcester Minerals
Magda Knoetze

Toiletware

Worcester Christenkerk
Pathcare
VLV – Aandtak
AAA Paints
Badisa

Grond en Geboue

Victoria & Albert

Finansiële Bydrae

APL Kartonne
Nelia Cronje
JJ de Jager Trust
Michael Moore
Karlcor Beleggings
NG Kerk Audenberg
Bellville Congregational
NG Kerk Brandwag Worc
My Fathers' House
NG Moederkerk
Anna Beleef
Cape Winelands
Breedevallei Munisipaliteit
AAA Meubels
Checkers
Anoniem
NG Kerk Vallei
Suzanne v Grabouw

Linne en Beddegoed

NID
Medi Clinic Magda Knoetze

Speletjies, Boeke, Tydskrifte

Hendrienne Pool
APL Kartonne
Susan vd Merwe
Inez Sollie en Tessa Palm

Diverse

Elmarie Cilliers
Dalene vd Colf
Andries de Jagers
Worcester Christen Gemeente
Mnr & Me Erasmus
Kaaimansgat
Van Niekerk Glas
Johan Veldsman
Rina Blomerus
Dept van Waterwese
Skenking aan Winkels

Vrugte, Groente, Kruideniersware, Kos

Changemakers
Agro-Serve – Trevor Gouws
Dormac Marine en Eng. Stefan
Wilhelm Nel

*Goli Des
Gloria*



CENTRE FOR SUBSTANCE USE DISORDERS
Prevention | Treatment | Aftercare

Contact Us



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