



# The Daily Guide

Sometimes, the best way for us to assist someone in need is to direct them to one of the many existing organisations dedicated to helping the homeless.

**BREAD 4 LIFE's 'Daily Guide'** summaries the various services and facilities available to people living on the streets, for each day of the week.

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# **SHELTER**

## **Adults (18 and over)**

Mon - Sun -

### **The Haven**

2 Napier Street, Green Point

Tel: 021 425 4700

Cost: R10

20 Selkirk Street, District Six

Tel: 021 465 1310

Cost: R10

Details: Provides temporary shelter,  
physical care, social welfare and family  
re-unification services

## **Woman with children**

Mon - Sun -

### **St Anne's**

48 Balfour Street, Woodstock

Tel: 021 448 6792

Cost: Free

Details: Offers shelter, care &  
empowerment to abused, destitute &  
disadvantaged woman with young children

## **If you're a family**

Mon - Sun -

### **The Ark**

5 Old National Road, Faure

Tel: 021 843 3927

Cost: Free

Details: Provides families with temporary  
shelter & support

*Girl's between 6 & 18*

Mon - Fri -

**Ons Plek**

4 Albertus Street, CBD

Tel: 021 465 4829

Cost: Free

Details: Open between 08:00 & 16:30.

The Child and Youth Care Centre (Ons Plek & Siviwe) provides shelter, schooling support & therapeutic care for young girls

*Boy's between 6 & 16*

Mon - Fri -

**The Homestead**

Head Office: 150 Strand Street, CBD (HQ)

Tel: 021 419 9763

Cost: Free

Details: Open between 09:00 & 16:30.

District 6 Shelter (Stage 1): Intake shelter for male street children under the age of 6. Offers counselling, recreational activities, healthcare & access to education.

Khayelitsha Shelter (Stage 2): A long-term residential facility for male children between the ages of 6 & 16. Provides referrals to main stream education, access to a social worker and facilitates reunification with families where possible

*Boy's between 16 & 25*

Mon - Sun -

**Salesian Institute Youth Projects**

Corner Somerset & Chiappini Street, Green Point

Tel: 021 425 1450

Cost: Free

Details: The Don Bosco Hostel offers young males a 12-month residential, occupational, educational (ABET) and life skills programme. The Emergency Hostel Programme is aimed at young men arriving in the CBD traumatised and/or homeless. Depending on capacity, they offer up to two weeks of peaceful haven in which to settle down, receive counselling and help in writing CV's and job-seeking

# NUTRITION

- Monday - **Die Koffiekamer**  
47 Commercial Street, CBD  
Food served @ 18:00  
Cost: Free
- Wednesday - **Bread 4 Life**  
NG Groote Kerk Church Hall, 55 Kloof  
Street, Gardens  
Food served @ 16:30  
Cost: Free
- Mon - Fri - **Service Dining Rooms**  
82 Canterbury Street, CBD  
Coffee served @ 07:30 (Cost:10c)  
Lunch served @ 11:30 (Cost:5c)
- Sunday - **Central Methodist Church Lunch**  
82 Canterbury Street, CBD  
Lunch served @ 12:00  
Cost: Free
- Mon - Fri - **The Carpenter's Shop**  
14A Roeland Street, CBD  
Open from 08:00  
Cost: Free  
Details: Collect 2 tokens for use at  
*Service Dining Rooms* (see details above)

# ABLUTION/WASHING FACILITIES

## Adults (18 and over)

Mon - Fri -

**The Carpenter's Shop**

14A Roeland Street, CBD

Cost: Free

Details: Available between 08:00 & 10:00

Mon - Sun -

**The Haven**

2 Napier Street, Green Point

20 Selkirk Street, District Six

Cost: Free

Details: Available between 08:00 & 17:00

# **WARM CLOTHES & BLANKETS**

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Wednesday -

**Bread 4 Life**

NG Groote Kerk Church Hall, 55 Kloof  
Street, Gardens

Cost: Free

Details: Available from 16:30

Mon - Fri -

**The Carpenter's Shop**

14A Roeland Street, CBD

Cost: Free

Details: Clothes, blankets, toiletries &  
condoms available between 08:00 & 16:00

Mon - Sun -

**The Haven**

2 Napier Street, Green Point

20 Selkirk Street, District Six

Cost: Free

Details: Available between 08:00 & 17:00



# **MEDICAL ASSISTANCE**

- Mon - Fri - **Robbie Nurock Day Hospital**  
89 Buitenkant Street, CBD  
Tel: 021 461 1124  
Cost: Free  
Details: Open between 07:00 & 16:00.  
Bring ID
- Mon - Sun - **New Somerset Hospital**  
Corner Beach & Lower Portswood Road, Green  
Point  
Tel: 021 402 6911 OR 021 402 6110  
Cost: Free  
Details: Open 24/7. Bring ID
- Mon - Fri - **Hope Street Dentist**  
Hope Street, Gardens (next to parking lot)  
Tel: 021 465 4017  
Cost: Free  
Details: Must bring ID & Proof of Address  
Extracting, filling & cleaning services.  
Adults: Monday - Thursday (before 7pm)  
Children: Friday (before 4pm, but get  
there early)
- Mon - Fri - **Reproductive Health Clinic**  
3 Dorp Street, CBD  
Tel: 021 483 4662  
Cost: Free  
Details: Available between 07:00 & 16:00.  
Bring ID (new registrations). Services  
offered include Family Planning, Pap  
Smear, Loop Insertions & HIV tests

# **SCHOOLING, SKILLS DEVELOPMENT** **& JOB OPPORTUNITIES**

## Adults (18 & over)

- Mon - Fri - **The Carpenter's Shop**  
14A Roeland Street, CBD  
Tel: 021 461 5508  
Details: Offers a 13-week training course in *Carpentry and Joinery Skills* and a 6-week course in *Auto Detail* (available to woman as well)
- Mon - Fri - **The Haven**  
2 Napier Street, Green Point  
Tel: 021 425 4700  
Cost: R10 (i.e. nightly shelter fee)  
20 Selkirk Street, District Six  
Tel: 021 465 1310  
Cost: R10 (i.e. nightly shelter fee)  
Details: Provides assistance with ID applications. Offers skills training in various disciplines: candle-making, beadwork, sewing & soap-making etc
- Mon - Fri - **The Homestead**  
Head Office: 150 Strand Street, CBD (HQ)  
Tel: 021 419 9763  
Cost: Free  
Details: Open between 09:00 & 16:30.  
Ubunye provides single mothers of children in their programmes and those at risk the skills to produce beaded jewellery and other crafts.

Mon - Fri - **Straatwerk or Ophelp Projekte**

Tel: 021 930 8055

Cost: Free

Details: Open between 08:00 & 17:00.

Projek Opruim/Jesus Saves Project: A rehabilitation programme where participants perform unskilled manual labour under the supervision of a foreman. The teams work in shifts of four hours. To participate, you must be referred by a sponsor who will pay for the first shift worked (R50). From then on the participant will qualify for shifts in a process called "the Q". To arrange this first recruitment shift, please report to the supervisor at: City Depot, 141 Castle Street, Bo-Kaap & bring the completed application form

**Migrants, Refugees & Asylum Seekers (18 & over)**

Mon - Fri - **Scalabrini Centre**

47 Commercial Street, CBD

Tel: 021 465 6433

Details: Open between 09:00 & 16:30.

For adults, the Employment Access Program offers support & resources (CV drafting, email, cover letters & IT lab), skills training (Digital Literacy & Life skills. Cost: R150). Access to the English School is also available. For children, the Child and Youth Care Centre (Lawrence House) offers developmental programmes including Life Skills training, the Independent

Living Programme & access to education by  
facilitating referrals to schools

**Boy's between 16 & 25**

Mon - Fri -

**Salesian Institute Youth Projects**

Corner Somerset & Chiappini Street, Green  
Point

Tel: 021 425 1450

Cost: Free

Details: Open between 09:00 & 15:00.

Learn to Live Special School of Skills:

Provides access to basic numeracy and  
literacy education (Triple E Curriculum)

Extra-mural courses in computer skills,  
music, drama and sport are also taught.

Technical Workshop Training (6 months):

Teaches daily technical courses in  
welding, metal work, wood and leather  
craft, and panel-beating, along with the  
Adult Basic Education (ABET) curriculum.

YES (Youth Employment Skills) Project:

Minimum requirement: Grade 9 education.

Includes a compulsory life skills  
programme (3 weeks), basic skills training  
course (5 weeks) & continuous support  
and assistance through maintaining and  
updating their employment database to  
enhance employability

Waves of Change Programme:

Participants receive support to complete  
the Sea Going Familiarisation Course  
offered by I&J

*Girl's between 6 & 18*

Mon - Fri -

**Ons Plek Projects**

4 Albertus Street, Cape Town

Tel: 021 465 4829

Cost: Free

Details: Open between 08:00 & 16:30.

Provides vocational preparation. In-take for most girls happens at the CBD branch which acts as a temporary residential facility before girls move on to Siviwe (Woodstock). The Morning Bridging School programme helps to prepare the girls for entry into the formal schooling system, with an emphasis on developing communication and life skills

# COUNSELLING SERVICES

## Adults (18 and over)

Mon - Fri - **The Carpenter's Shop**  
14A Roeland Street, CBD  
Tel: 021 461 5508  
Cost: Free  
Details: Available between 08:00 & 16:00

Mon - Fri - **The Haven**  
2 Napier Street, Green Point  
Tel: 021 425 4700  
Cost: R10 (i.e. nightly shelter fee)  
20 Selkirk Street, District Six  
Tel: 021 465 1310  
Cost: R10 (i.e. nightly shelter fee)  
Details: Available between 08:00 & 17:00

## Migrants, Refugees & Asylum Seekers (18 & over)

Mon - Fri - **Scalabrini Centre**  
47 Commercial Street, CBD  
T: 021 465 6433  
Cost: Free  
Details: Counselor available by  
appointment only between 09:00 & 16:30

## Drug & Alcohol Abuse (18 & over)

Mon - Fri - **Cape Town Drug Counselling Centre**  
1 Roman Road, Observatory  
Tel: 021 447 8026  
Cost: Free  
Details: 6-Week out-patient programme.  
Call first & book before visiting. New  
intakes on Tuesday/Thursday @ 8am.

Requirements: No pending court cases; R40 for initial drug test fee; accompanied by collateral.

# **MIGRANTS, REFUGEES &** **ASYLUM SEEKERS SERVICES**

Mon - Fri - **Scalabrini Centre**  
47 Commercial Street, CBD  
Tel: 021 465 6433  
Cost: Free  
Details: See above

Mon & Wed - **Cape Town Refugee Centre**  
F12, First Floor, Wynburg Centre, 123 Main  
Road, Wynburg  
Tel: 021 762 9670  
Cost: Free  
Details: By referrals only



# **LEGAL ASSISTANCE/ADVICE**

Mon - Fri -

**Legal Aid**

3rd Floor, South African Reserve Bank,  
60 St George's Mall, CBD

Tel: 021 426 4126

Details: Legal representations (civil  
& criminal matters)

Mon - Fri -

**Lawyers for Human Rights**

4th Floor, Poyntons Building, 24 Burg  
Street, CBD

Tel: 021 424 8561

Details: Land & eviction/housing matters

# **CCID SOCIAL DEVELOPMENT**

## **FIELDWORKERS**

Mon - Fri - **CCID Social Development**  
34 Bree Street, CBD  
Tel: 021 419 1881

# **IF YOU'VE BEEN A VICTIM** **OF CRIME?**

Mon - Sun -

**SAPS**

Corner Buitenkant & Albertus Street, CBD

Tel: 021 467 8001/2

# MATRIC CERTIFICATE

## ASSISTANCE

### Senior Certificate Exams (MATRIC)

(This guide aims to assist those who want to obtain matric certificates)

#### **Requirements:**

- Be over the age of 21
- Some schooling experience

#### **Step-by-step Guide**

**STEP 1:** Visit the Western Cape Education Department (WCED) offices in **August** and fill in the forms for **2015 registration** as a **private candidate** (no costs to apply)

Address: Western Cape Education  
Department (WCED)  
5th Floor  
Grand Central Towers  
Lower Parliament Street  
021 467 2916  
Open: 07:30 – 16:00

Bring with: ID, proof of previous  
studies/certificates

**STEP 2:** The WCED will advise you on how/where to obtain the necessary **study materials** (e.g. book shops, libraries, or local schools in your area). Bring a blank CD to obtain old question papers/exams and memos

**STEP 3:** In addition to learning at home (using the study guides), it is recommended that you attend **evening/weekend classes**. Please ask the WCED to recommend the appropriate schools for your area of residence

Costs: R50 - R100 for registration  
+/- R1500 for all 6 subjects  
throughout the year

**STEP 4:** Complete the exams. In total, you are required to write **6 exams** which will take place during **May & June, 2015**

#### **6 Compulsory Subjects (RECOMMENDED)**

- 1) ENGLISH
- 2) XHOSA
- 3) INTRODUCTION TO CRIMINOLOGY **OR** INTRODUCTION TO ETHNOLOGY
- 4) MERCANTILE LAW **OR** SA CRIMINAL LAW
- 5) BUSINESS ECONOMICS
- 6) ECONOMICS

#### **Other subjects available:**

English  
Afrikaans  
Xhosa  
Math's HG & SG  
Biology  
Business Economics  
Economics  
History  
Geography  
Accounting  
Physics

SA Criminal Law

Mercantile Law

Introduction to Criminology

Introduction to Ethnology