



Cresset House

141 Hampton Road, Glen Austin Ext. 1, Midrand
P.O Box 74 Halfway House Gauteng 1685
Tel: +27 11 314 1148
Email: info@cresset.org.za

Introduction to Cresset House

Cresset House is situated on 28 acres of land in Midrand, where about 50 people have their home. Adults with intellectual disabilities and 'co-workers' (staff) live as extended families in six large households. Work, leisure time activities, study and spiritual life are shared by all, with the co-workers striving to give the security which allows those with disabilities to live and to experience life as fully as possible.

Work is considered not as a duty but as a basic right. It is offered at Cresset - **in fact we are a working community** - in the houses, the vegetable garden, the tunnels, woodwork and various craft workshops. In the vegetable garden, the tunnels and on the land we follow organic principles and we sell vegetables to various clients in Midrand. Respect and concern for both the land and the environment are an integral part of daily living.

At this stage, income from this work is still small and financial assistance from the government is limited. Cresset's existence depends on the fees paid by the residents' parents, siblings or guardians. Donations from corporates, SME and individuals who are willing to support is always much appreciated.

Medical Care

- Cresset House is not a medical facility. It is a village community modeled on a home environment. The approach to medical problems will be one of common sense, with reference to parents/guardians where appropriate/thought necessary.
- Medication will be administered according to the advice of the relevant medical practitioner.
- Parents are asked to have all routine doctor and dental checkups done during the holidays wherever possible. Cresset House does undertake to transport villagers to Halfway House Medical Centre, the local clinic and District Surgeon and the dentist where and when necessary.
- If parents' requirements differ from the above, they should advise Cresset House in writing, prior to the prospective villager joining Cresset House. This would then be discussed and put on record with the relevant house leader/workshop.

Residential and Work Facilities for Adults with Intellectual Disabilities

Registered as a NPO (Act 71 of 1997) Companies Act 71 of 2008 Schedule 1
NPO Registration Number – 003-319 NPO and
PBO in terms of the Income Tax Act 1962 Article 30 and the Ninth Schedule

Village Routines (Daily / Monday to Friday / Weekends)

Our houses are the real homes of the villagers and every member of each household must accept a share of the responsibility for keeping the house clean and tidy. This forms an important part of villager's development and self-esteem.

In a therapeutic setting, it is not always **what** we do but the way we do it that counts. We try to teach the villagers the correct way to handle a task and guide them through it from beginning to end.

Throughout the year we organise outings for the community and house outings. For every person we try to make their birthday a special day.

- **Weekly** - Work takes place in the various workshops from Monday to Friday. Meals are shared as house communities. In the evenings, a range of activities - is offered for everyone, such as Bible study, music practice, art & hobbies, coffee bar, etc.
- **Tuesday Evening** – Special community events at the Coffee Bar e.g. joint supper, everybody's birthday, etc.
(Please refrain from phoning between 17h45 and 20h00).
- **Saturday** - In the morning the house communities work together at home while the afternoon is free for visiting, for games and personal hobbies.
- **Sunday** - Begins with a communal service. The celebration of Christian festivals also represents essential elements of our spiritual life. The rest of the day is for socialising and relaxing. On Sunday evenings we organise a talk, film or some other activity in which the whole community takes part.
- **Weekends & Holidays** - Every first week end of the month is a 'free' week end - and parents/guardians are asked to **fetch their villager on Friday afternoon between 13h30 and 14h30 and return them on Sunday after 16h00 but before 18h00.**

Weekends Away - Villagers may be taken out for weekends; however dates and times must be arranged in advance with the Residential Staff. The same applies to holidays.

Closed periods - The workshops and houses are closed for a period over the December/January period.

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Important Rules:

1. We welcome visitors to the village by pre-arrangement with the house leader concerned.
2. Please do not visit during working hours neither phone your villager during that time.
3. NO Televisions to be made available for a villager's personal use.
4. For safety reasons only oil-sealed electric heaters are allowed:
5. Generally restrict telephone call to once a week and not during meal times.
6. Respect the free week ends of the staff and do not telephone them during those times.
7. Please supply sufficient and well-marked clothing for your villager.
8. Clothing for work, leisure time, and one set for best. Each villager must have a duvet or blanket, pillows, 2/3 towels, 1 swimming towel and two changes for linen. The sheet should be a fitted one (single bed, size 190x90 cm) Curtains are optional.
9. Limit the items in his/her room as overcrowding makes it difficult to keep clean and tidy.
10. Please do not remove any of the villagers' belongings without first telling the house leader.
11. If a villager moves, his/her room has to be left in the condition he/she moved in. The houses / rooms are part of Cresset's assets and have to be looked after.
12. Please do not send food with your villager to Cresset House, as it tends to be in the room and attracts ants and rats.
13. Speed limit at Cresset is 20 km/hr - please keep to it. Also note that the Ring road around the hall and office buildings is a one way – please use it that way.

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HOUSE ROUTINE FOR CRESSET HOUSE

Daily Program Monday – Friday	
06h00	Get up in time to be ready for breakfast
7h00	Breakfast
8h00 – 12h00	Work in the workshops, gardens etc.
12h00	Lunch
13h00 – 14h00	Rest Hour
14h00-16h00	Work in the workshops, gardens etc.
16h00 – 18h00	Brisk 30 min Walk Bath / Relax
18h00	Supper & Kitchen clean-up
19h00 – 21h00	TV & Relax Coffee Bar / Bible Study/ John Fletcher
Daily Program Saturday Program	
8h00	Breakfast at a time the house community chooses
09h00 – 11h30	Then cleaning the house, around the house, work in the garden
13h00	Lunch
	Afternoon free to meet with friends, play games, etc.
18h00	Supper
Sunday Program	
8h00	Non-denominational Christian Service
	Breakfast
09h00	Hall Church – Optional (Afrikaans Christen Gemeente)
12h30	Lunch
	Free time to visit, meet friends etc.
18h00	Supper
19h30	Communal activities, (talks, hymn practise, meetings etc.)

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To Note

- After the meals everyone helps with the clearing of the table, washing up etc.
- If you go away for a week end, make sure someone else will do your duties.
- Keep common rooms tidy including your own room.
- Leave the bathroom and toilet in a clean state.
- Respect everybody's bathroom time. Wait till a bathroom is available.
- Villagers are encouraged to not visit each other in their private rooms, but rather visit in the common area of the house.
- No food to be kept in the room as it attracts ants and rats.
- Please ensure that the social worker and residential staff are aware of all dietary requirements.
- The Radio in your room is for you to listen to – please keep volume down.
- When watching TV – please consult with the rest of the house community on what program to watch
- Visiting:
 - a) Visiting to other houses must be arranged with and between the residential staff on duty, during such.
 - b) No visiting in the work areas unless arranged with the work master
 - c) No items to be added to the villager's room, or removed, without the knowledge of the house parent.
 - d) No pictures or shelves to be put on the walls and no prestick without permission.
 - e) Villagers may not own pets.
 - f) Please remember, we are a working community, treat your child as a working member of society.
 - g) Respect staff's weekends off and do not phone them or knock on their doors. Speak to alternative staff members.
- Issues pertaining to the house to discussed in the house and or with the Social Worker, the same applies for the work realms.
- Speed limit at Cresset house is 20 km/hr and we have one-way traffic. **PLEASE OBSERVE!**
- Villagers may have cell phones, however use of these need to be in accordance with our policy guidelines.
- No smoking in any Cresset House building by anyone: staff, villagers or family.

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