

climb any mountain

A snapshot: the case for support

Transitional Living Centre (TLC)
Pietermaritzburg, KwaZulu-Natal, South Africa



“ “

Services are not just beds, they are not simply houses, though having a roof available is vitally important. Services must be grasped as something other than bricks and mortar, a place ‘to put the problem’. Unless you realise services mean engineering social and professional support, skill building and education around the person and their relationships, you’ll not create good outcomes.

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Tony Osgood

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Commission No: 1149311

NUMBER OF TRUSTEES: 4

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A snapshot: the case for support

For more detailed information, please refer to the
“Strategic Development and Feasibility Study”
Transitional Living Centre (TLC)
Pietermaritzburg, KwaZulu-Natal, South Africa”

Glossary

Intellectual disability

A disability characterised by a significantly reduced ability to understand new or complex information or to learn new skills; and a reduced ability to cope independently. This disability starts before adulthood and has lasting effects on development.

Different countries use different terms to describe intellectual disability. For instance in the UK the term 'learning disability' is frequently used. Even within the same country, terms such as 'development disability' or 'learning difficulty' are used, as well as out of date terms which are no longer seen as acceptable, such as mental handicap.

Intellectual disability is often confused with dyslexia and mental health problems. Dyslexia is best described as a 'learning difficulty' because it does not affect intellect. Mental health problems can affect anyone at any time, and may be overcome with treatment, which is not true of learning disability.

Mental illness

The term that refers collectively to all mental disorders. Mental disorders are health conditions characterised by alternations in thinking; mood or behaviour (or a combination), which is associated with distress and / or impaired functioning. Positive diagnosis of a mental health related illness in terms of accepted diagnosis criteria is made by a mental health care practitioner authorised to make such diagnosis.

Supported living

Supported living is defined as persons with disabilities living where and with whom they want, for as long as they want, with the ongoing support needed to sustain that choice. Supported living is about enabling individuals to take as much control as they can over their own lives. The emphasis is on enabling people, rather than doing things for people; empowering not dis-empowering; skilling not de-skilling; enabling not dis-abling.

Person-centered care

Person-centred care is a shift in philosophy from doing things 'to' or 'for' people to doing things **with** people. It involves getting to know the person and recognising their individuality; seeing the person as an expert of his or her own health and care. This entails sharing power and responsibility, including families where appropriate and taking a holistic approach to assessing people's needs and providing care. It also entails making sure that staff are supportive, well trained in communication and strive to put people at the centre of their care.



Who are we?

Climb Any Mountain was founded in 2011 as a not-for-profit organisation. It achieved UK Registered Charity status in October 2012 (Charity No: 1149311).

Our mission is to transform what's available for people with intellectual disability and mental illness in South Africa using global best practice. We want to see people with intellectual disability and mental illness empowered by their right to the same opportunities, choice and control over their life that the rest of the population has.

The name Climb Any Mountain, recognises the metaphorical and physical mountains people with intellectual disability and mental illness are challenged with every day. We appreciate that for some people, even simple or routine tasks can be challenging and that a lot of courage, patience and determination are required to overcome these barriers.



change in the choices available for housing, support, as well as opportunities to develop and gain employment. Our metaphorical mountain is taking on the challenge of transforming what is available for people with intellectual disability and mental illness in South Africa.

Over the last 20 years the move from institutional care to supported community-based care has been a challenge for many organisations, countries and service providers. However, many countries and service providers have successfully transitioned from institutional care to community-based care and as a result created a far better quality of life for individuals.

The vast majority of individuals in South Africa with such disability cannot live their lives the way they want without their personal freedom being compromised by being confined to an institution, or alternatively being left vulnerable, to fend for themselves in a world that does not accommodate their unique needs. This calls for a fundamental

By sharing lessons and best practice we believe the South African Government and local service providers can accelerate this transformation in South Africa.



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What is our project?

Our goal is to develop person-centred services that enable people with intellectual disability and mental illness to have the same opportunities for living independently as anybody else. Housing and support services are a major means of enhancing opportunities for people with intellectual disability and mental illness to exercise choice and control in their everyday lives and within their community. With appropriate support, people with intellectual disability can live successfully in their own home. Advancing housing and support services is central to giving individuals real control in their lives.

Working with our partners, the Pietermaritzburg Mental Health Society (PMB), Climb Any Mountain is creating a unique, purpose-built residential facility that not only provides a safe supported living space for people

with intellectual disability and mental illness, but also aids the development of social and life skills through person-centred care. We've called this facility the Transitional Living Centre (TLC), in recognition of it being a stepping stone towards service users ultimately being able to move to live in supported living community-based housing.

The TLC will be built on a plot of land adjacent to the grounds of "The Palms", an existing service in Pietermaritzburg run by the Pietermaritzburg Mental Health Society.

Our goal is that it provides the blue-print for future care facilities nationwide and will accelerate the successful transformation from institutional to community based care within South Africa.

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Why is our project important?

Currently, South Africa relies on a heavily outdated institutional model when it comes to mental health care and rehabilitation, which has a negative impact on the dignity and equal citizenship for those with intellectual disability and mental illness. One of our key objectives is to foster partnerships; working with organisations that have the expertise and understanding of the challenges that exist in a country where one in six (16.5%) suffer from a common mental disorder and four out of 100 people have intellectual disabilities which range from mild to very severe. We work to see people with intellectual disability mental illness empowered by their right to the same opportunities, choice and control over their lives as anybody else.

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Who will manage the project?

The TLC project will be delivered in partnership with PMB, which is a long established non-government and not-for-profit organisation (NPO). It renders services to persons with mental disabilities and has been in existence since 1945, celebrating its 70th anniversary in 2015.

The services offered by PMB include social work, residential care and protective employment. Indirect services to individuals and communities, focussing on mental health awareness, community development and education.

PMB is governed by an elected board of management, comprising professionals, business managers and mental health care users (or parents), who give of their valuable time and expertise voluntarily. It also employs 94 staff members, comprising social workers, professional nurses, care givers, workshop instructors, an employment officer, as well as maintenance and administration staff.

PMB will be responsible for delivering the support services to people with intellectual disability and mental illness living in the TLC, including the provision of 24/7 staffing, social work support, person-centred care, personal risk assessments, personal development plans and life skills training for all service users.

PMB will lease the TLC from Climb Any Mountain at a nominal rate, including a fee for building maintenance. In addition, PMB is responsible for securing private and government funding, including grants and subsidies to cover the costs of service provision for each service user. Our partnership agreement with PMB is documented in a signed Memorandum of Understanding.

Climb Any Mountain is responsible for raising capital funds to purchase the land and to build the TLC, and for maintaining the integrity of the building thereafter. This includes the contracting of professionals and contractors, and the design and specification of the building. Climb Any Mountain is also responsible for monitoring and measuring the quality of the service provided by PMB, and ensuring that appropriate outcomes are delivered for service users (in line with agreed standards of care). In addition, Climb Any Mountain is responsible for supporting PMB to develop the capability of staff to deliver person-centred care, using global best practice and proven quality frameworks. To this end, Climb Any Mountain has partnered with Mencap, the UK's leading organisation for the delivery of services to people with learning disability.

Good governance is seen as an essential part of Climb Any Mountain's success. As a charity registered in England and Wales (No: 1149311), the sole reason for our existence is for public benefit. For Climb Any Mountain, this means impacting on the lives of people living in South Africa with intellectual disability and mental illness.

We take seriously our responsibilities and are accountable to our beneficiaries, the Charity Commission (our regulator) and to the public in general.

Our board of trustees is responsible for running the charity. The trustees have been selected for their expertise, knowledge, energy and commitment. They play a vital role in delivering on Climb Any Mountain's vision and plans, ensuring compliance with the regulatory and legal requirements of the organisation, as well as protecting our reputation as a charity.



How can you help?

We need funding of 7,784,063 ZAR (South African Rand) (\$557,028) to build and complete the Transitional Living Center. The cost consists of the following elements:

- Storm water attenuation: 500,000 ZAR (\$35,758)
- Capital costs for the building: 5,437,500 ZAR (\$388,942)
- Professional fees (15%): 890,625 ZAR (\$63,711)
- Capital costs for the land: TBC

Total costs to build the Transitional Living Center - 6,828,125 ZAR (\$488,598)
VAT@14% = 955,938 ZAR (\$68,407)

Total capital required for the physical building 7,784,063 ZAR (\$557,028) inc VAT

We have raised 332,903 ZAR (\$23,779) which has been spent on:

- Architect competition – 246,477 ZAR (\$17,606)
- Architect appointment and preliminary drawings – 25,499 ZAR (\$1,821)
- Geo-technical survey – 20,000 ZAR (\$1,429)
- Mencap baseline assessment logistics costs – 40,927 ZAR (\$2,923)

We need an additional 7,784,063 ZAR (\$557,028) to complete the physical building and leave a lasting legacy.

We are seeking a single donor to fund the entire project, but you can also help by:

- making a donation
- leaving a legacy in your will
- making a monthly or annual covenant
- purchasing a section or an item for the building
- giving a donation from a fund raising event you are putting on yourselves