

Understanding Homelessness in Cape Town



Introduction

Travelling around Cape Town one will, without a doubt, notice that there are more people living on the streets than ever before. As food prices, lack of jobs and petrol prices rise, more people are losing the places they call their homes and find themselves homeless.



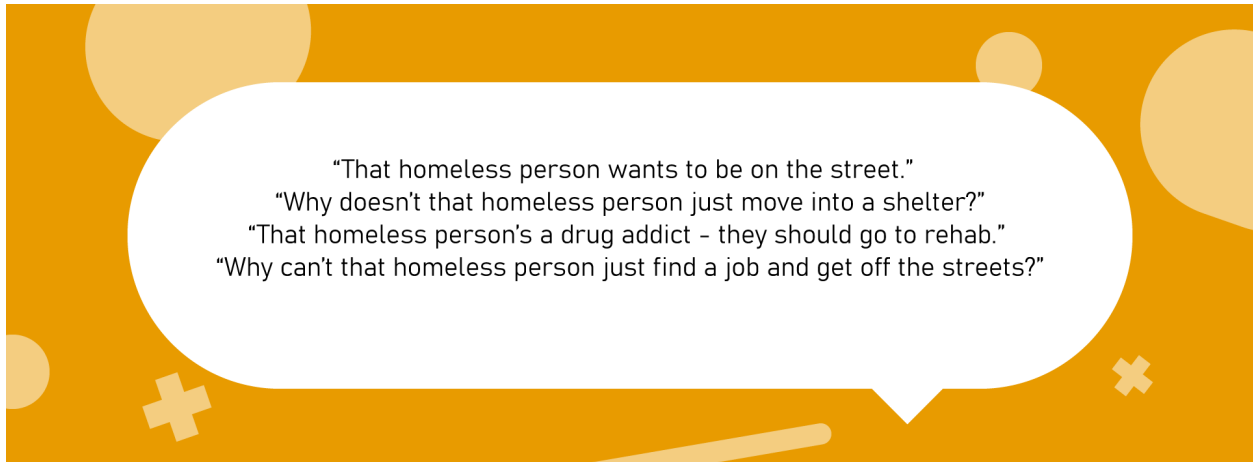
My name is Richard Bolland and I've been working and volunteering with the homeless since 2009. From hosting community dinners, to helping people get into shelters and rehabs, to assisting with job readiness courses and applications to affordable housing, to running microsite shelters and transitional housing, to helping rolling out safe spaces and supporting homeless people in legal battles, I've seen the entire journey it takes to get from living on the streets to having a place to call your home. This article is mostly objective but there is a healthy chunk of my opinions

on some matters. I try, where possible, to not criticise any organisation or entity working with the homeless, but try to point out where there are shortfalls. My hope is that this will help us build better systems and strategies to help the homeless.

Homelessness is not just a Cape Town crisis, this is a world-wide phenomenon which affects both 1st world and 3rd world countries. The City of Cape Town and organisations working with

the homeless estimated that there are between **6000 - 14,000 people living on the streets in Cape Town**¹ and 150 million homeless world-wide².

Homelessness is a very complex problem and we as human beings often make the mistake of over-simplifying these problems in order to wrap our heads around them. Some common concerns or comments I often hear are:



Let's unpack these by mapping out how someone becomes homeless and what they need to do to find a home (and keep it).

1. [What is homelessness?](#)
2. [Reasons people become homeless.](#)
3. [What is life like on the streets?](#)
4. [The journey to finding a home.](#)
 - a. [Finding shelter.](#)
 - b. [How to get into rehab.](#)
 - c. [Job readiness & employment.](#)
 - d. [Affordable housing.](#)
5. [Preventing becoming homelessness again.](#)

Click on the links above to read my full opinion on those matters. Broadening our knowledge will help us empathise instead of criticising those sleeping on the streets. Let's dig deeper into understanding homelessness.

¹Page 4 - [THE COST OF HOMELESSNESS CAPE TOWN Full Report Web](#)

² [Global Homelessness Action](#)

What is homelessness?

Definitions

- **STREET HOMELESSNESS** - Refers to an individual, who for any reason use the outdoors as a place of abode for a lengthy period of time. The term "street" includes all areas of open spaces and river banks.

- **CHRONIC HOMELESSNESS** - used to describe people who have experienced homelessness consistently for at least a year — or repeatedly over several years — while struggling with a disabling condition such as a serious mental illness, substance use disorder, or physical disability.

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Type	Definition
Chronic	Those who are homeless for a longer period of time, often with serious substance abuse or mental health issues. This is the least common type of homelessness.
Transitional	People who stay at the shelter for only a short period of time due to a catastrophic event, usually younger people who are forced to go to a homeless shelter for a short time. This is the most common type of homelessness.
Episodic	Those who are periodically homeless, are usually younger, and become homeless due to abuse, unemployment, mental illness, medical problems or family circumstances.

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Reasons people become homeless⁵

1. **Unemployment/Loss of job.** Not enough finances to pay rent.
2. **A breakdown in family and other relationships.** Interpersonal conflicts lead to people leaving their home.
3. **Domestic violence, physical and verbal abuse.** People escape abuse but have nowhere else to go.
4. **Exiting Jail or Prison.** This leads to reason 1 and 2. Criminal records make it hard to find work. Families don't want convicted individuals back in their homes.
5. **No access to affordable housing/accommodation.** This refers to employed people who don't have enough finances to pay rent.
6. **Poor physical and/or mental health.** Links to reason 1 and 2.
7. **Drug, alcohol and gambling abuse.** Links to reason 1 and 2.
8. **Leaving gangsterism.** Individuals who choose to leave gangs often have nowhere to go and become homeless.

³ Page 5 - [THE COST OF HOMELESSNESS CAPE TOWN Full Report Web](#)

⁴ [THE CITY'S RESPONSE TO HOMELESSNESS AND HELPING PEOPLE OFF THE STREETS Frequently Asked Questions](#)

⁵ Some reasons quoted from [Homelessness | Western Cape Government](#)

The key to truly understanding homelessness is to understand **trauma**. Particularly how someone behaves when experiencing or having experienced severe trauma.

“Initial reactions to trauma can include exhaustion, confusion, sadness, anxiety, agitation, numbness, dissociation, confusion, physical arousal, and blunted affect... .Self-medication—namely, substance abuse—is one of the methods that traumatised people use in an attempt to regain emotional control, although ultimately it causes even further emotional dysregulation.”⁶

Becoming homeless is undoubtedly a traumatic experience in itself and, furthermore, the events leading up to becoming homeless would also be traumatic. Trauma-informed care is essential to understanding what homeless people are experiencing.

What is life like on the streets?

Being homeless means one loses the ability to access basic necessities such as water, sanitation and protection from the elements. In addition to this, one often loses access to electricity, storage & safety from criminal elements. Life essentially becomes about **survival**. It’s helpful to remember that someone who’s lost their home is in survival mode and with that can understandably come with “antisocial behaviour”.

In addition to finding food, water and a place to sleep, dealing with trauma can lead to substance abuse. It’s



Figure 11: Link between homelessness and poor health

reported that 64%⁷ of homeless individuals have a substance abuse disorder. In isolated cases, this can understandably lead to a greater need to get money quickly & opportunist criminal activity in order to fund the substance dependency.

Finding a place to sleep can also lead to trespassing or occupying public land, which causes more frequent run-ins with law enforcement and private security firms. Without ways to dispose of refuse and without access to sanitation facilities, these temporary places of rest can become health concerns. Figure 11 from ‘The Cost of Homelessness in Cape Town’ shows the link between homeless and poor health.⁸ This information helps us to understand the vulnerability of homeless people and hopefully see

the gaps in access to essential services.

One can imagine how incredibly hard it must be to focus on long-term goals, such as finding employment and restoring relationships when one is in survival mode. That is why it is very necessary for both the public and private

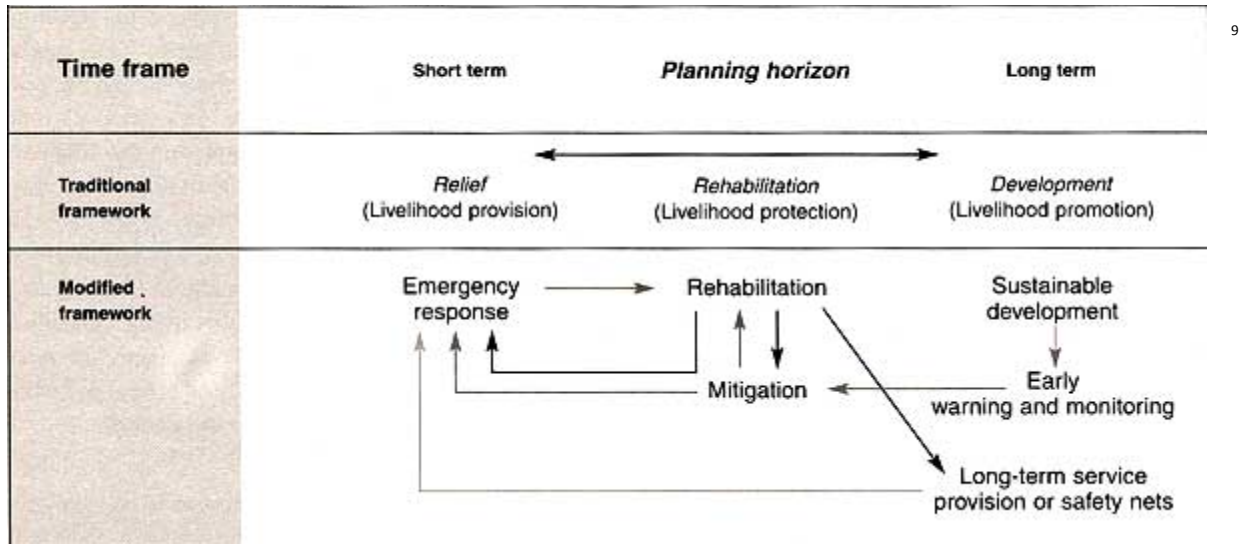
⁶ [Understanding the Impact of Trauma - Trauma-Informed Care in Behavioral Health Services - NCBI Bookshelf.](#)

⁷ Page 22 - [THE COST OF HOMELESSNESS CAPE TOWN Full Report Web](#)

⁸ Page 18: [THE COST OF HOMELESSNESS CAPE TOWN Full Report Web](#)

sectors to have easily accessible intervention points and long-term, sustainable programs that individuals can enter into, in order to leave the street permanently.

The journey to finding a home.



The homelessness NGO sector widely accepts that a **'phased intervention'** approach is by far the best way for someone to get off the streets permanently. There are common terms heard within the sector, such as *1st phase shelter*, *1st phase or primary rehabilitation*, *2nd phase shelters*, *tertiary rehabs* etc... These terms describe what stage of intervention a homeless person is in.

1st phase = **relief or emergency response**

2nd phase = **rehabilitation or mitigation**

3rd phase = **sustainable development**

The term '1st phase' can include drop-in centres where homeless people receive food or clothing and this is where social services first get implemented for someone wanting to leave the street. '1st phase' can also include safe spaces or night shelters that accept people straight from the street. There are two types of drug & alcohol rehabilitation: outpatient and inpatient rehabs, which can both be categorised as 1st phase when people join them for the first time. The key component of 1st phase intervention is for a social worker to begin a personal development plan (PDP) with a homeless individual and help develop a strategy on how they will leave the streets.

'2nd phase' organisations or programs are usually for people who are progressing from a 1st phase shelter or rehabilitation. A lot of 2nd phase shelters will only accept people who have some type of employment or are part of a long-term program. There are also secondary or tertiary rehabs which are for people who have been sober for a number of months but are not quite ready to progress to independent living.

⁹ [The traditional relief-to-development continuum](#)

'3rd phase' or tertiary interventions can include co-dependant accommodation or subsidised rental. These usually are the last steps before someone becomes independent. The key factor in making sure someone passes through this phase is access to affordable housing, job security and being connected to the community.

Finding shelter

"In March 2020 there were 20 shelters providing a total of 2180 shelter beds (additionally, there were two safe spaces providing 293 spaces). Information was received from seven organisations who run 16 shelters accounting for 86% of beds in the City (see figure 6)"¹⁰

PROVIDED	CALCULATED
Elim Night Shelter	Beth Rogelim
Happy Valley	Oasis
Haven	SW Night Shelter
Hope Exchange	Youth Solutions
Loaves & Fishes	
OWL	
The Ark	

Figure 6: Shelter provider data received



There is currently a massive shortfall of shelter bed space in Cape Town. With only +-2500 bed spaces and between 6000-14,000 homeless, there is a huge need to increase bed spaces. In addition to that, the bed spaces that are available are often in dormitories of up to 40 people or more.¹¹

When a homeless person decides they want to leave the street and find a place to stay, there are usually 3 options available to them:

1. Approach a family member or friend and ask to stay in their home.
2. Go to a safe space (which is a less formal version of a shelter).
3. Get into a night shelter.

For the sake of brevity, we won't go into option 1. However, without employment or substance abuse intervention, there is a serious risk of another breakdown in the relationship with the person providing the home.

Safe Spaces

"A Safe Space is a basic facility where street people can sleep safely, sheltered from criminal elements and the weather, and can access ablution facilities and social relief."¹²

¹⁰ Page 12: [THE COST OF HOMELESSNESS CAPE TOWN Full Report Web](#)

¹¹ Screenshot from [How Homeless Shelters Work](#)

¹² [MES Cape Town](#)

These spaces are less formal than a shelter and try to have a low-barrier of entry in order to increase the number of people that make use of them. Safe spaces are fairly new concepts and therefore we only see a few safe spaces currently in Cape Town.

For more information about safe spaces, visit the [Culemborg Safe Space page](#) as well as [MES Cape Town](#).

Shelters

According to the official [Western Cape list of shelters for Homeless Adults](#), there are only 12 shelters that exist within the City of Cape Town municipality. However, there are closer to 28 shelters when looking at other sources. See addendum 1 for a full list.

Running a homeless shelter can be very challenging. Shelters are often under-funded and therefore understaffed, with social workers having large caseloads which can take months to get through. Homeless individuals entering into shelters are often still in survival mode and can sometimes be quite abrasive towards shelter staff and co-residents.

Most shelters charge shelter fees and have a fairly comprehensive list of rules.¹³ While these are necessary to run an effective shelter, they can also be barriers to people going to a shelter. 1st phase shelters also tend to gear themselves towards having many people sleeping in dormitories, which leads to more interpersonal conflicts, sleeping difficulties and spreading of illnesses. There is access to lockers in which people can keep their belongings. However, a padlock usually isn't provided and therefore needs to be bought. Theft is not uncommon in shelters as cheap padlocks are easily broken into and residents' valuables are sometimes stolen when left unattended while a resident is showering, in the toilet or eating a meal etc...

Street-based homeless individuals are often sceptical or apprehensive about going to a shelter. This can be from previous personal experiences with shelters or from what they've heard about shelters from other homeless people. Some common responses about why an individual doesn't want to go to a shelter are:

1. It's not safe. My things get stolen there.
2. I can't afford the shelter fees.
3. It's overcrowded. Too many people sleeping in one room.
4. They won't accept me in a shelter because I'm on drugs or use alcohol.
5. I've already stayed in a shelter and I got kicked out.
6. I prefer to sleep by myself.
7. I don't like all the rules in the shelter.

Despite these challenges, homeless individuals do have positive experiences living in shelters and they can either reunify with their family or progress to a 2nd phase shelter.

How to get into rehab

In order to get into a rehab in Cape Town, one needs to visit either:

¹³ <https://www.haven.org.za/house-rules>

- One of 43 registered **community-based facilities** (See addendum 2),
- a [social development office](#) (8 facilities)¹⁴,
- or a [City of Cape Town clinic](#) offering a rehabilitation program (7 facilities)¹⁵.

These places will then refer to a registered **outpatient facility** (see addendum 3) or **inpatient facility** (see addendum 4) depending on the type and frequency of the substance use. Alternatively, one can see a social worker or healthcare professional who can help with the referral into a facility.

An important thing to remember is that most of these programs only last between 3 - 12 weeks. In other words, they don't offer long-term treatment. Inpatient and detox facilities often only accept people who have pre-organised a discharge facility, or a continued outpatient program coupled with a place to stay once their initial rehab is finished. It's also important to note that very few inpatient facilities are free of charge and, the ones that are, have waiting lists or treatment cycles that need to be completed before someone can get in.

“Homeless and substance use disorders are intricately linked and pose a huge challenge, both for homeless programs, as well as for substance treatment programs. These persons need a comprehensive plan, that includes specialised substance treatment, to give them the best chance to get and stay sober and off the street. There is a bi-directional relationship with substance use often ending up in homelessness and homelessness as a big driver for substance use and both problems need to be addressed.

Addiction is a complex disorder - treatment starts with motivation and preparation for treatment. Detox may be part of this and is timed either before an inpatient rehab or in an outpatient program, when thereHomelessness is buy-in, motivation and a plan on how to change - as part of that ongoing change journey.” - Dr Lize Weich (Department of Psychiatry, Stellenbosch University).

Job Readiness and Employment

One of the top reasons people become homeless is from lack of employment opportunities. *“For the first quarter of 2022, the [South African] unemployment rate was 63,9% for those aged 15-24 and 42,1% for those aged 25-34 years, while the current official national rate stands at 34,5%”¹⁶*. And once someone becomes homeless, it is even more difficult to find a job. Only 12% of Cape Town's homeless population had any type of formal employment¹⁷.

While experiencing homelessness: safekeeping of communication devices, the ability to save money, getting enough sleep, access to ablutions and clean clothing are all compromised and therefore affect the ability for someone to keep a job. This, coupled with battling a substance use or mental health disorder and the health implications from living on the street, makes the likelihood of someone maintaining long-term employment very unlikely.

Even if someone finds meaningful employment, lack of access to affordable housing or rentals often prevents someone from moving off the street as the cost of rent coupled with the rising cost of water, food and electricity is too high.

¹⁴ [Social development offices](#)

¹⁵ [Clinics and healthcare facilities](#)

¹⁶ [South Africa's youth continues to bear the burden of unemployment.](#)

¹⁷ Page 17: [THE COST OF HOMELESSNESS CAPE TOWN - Full Report - Web](#)

It's therefore important to only introduce the prospect of finding employment once someone has already left the street and entered into a 1st or 2nd phase intervention program.

Once someone is out of survival mode, they can focus on finding work. The City of Cape Town, in partnership with the National Government, has implemented [the Expanded Public Works Programme \(EPWP\)](#)¹⁸ which is a poverty alleviation programme which offers short-term and medium-term work opportunities for those who are unemployed or under-skilled.

Other than the EPWP programme, organisations such as uTurn, Streetscapes, MES & New Hope SA have job readiness elements integrated into their programs, which can help homeless individuals find meaningful work. Alternatively they can connect people to job readiness courses such as [The Zanokhanyo Network's work readiness course](#) and others.

Finding entry-level jobs is still extremely difficult but there is a growing list of resources available. Some of which can be found below:

[Learn to Earn](#)

[JOB JACK](#)

[YoungPeople@Work](#)

[Retail Frontline Programme | Mr Price Foundation](#)

[Work-Seekers | Harambee](#)

[ReadyToWork Absa](#)

[Jobstarter](#)

Once employment is found, it opens up many opportunities for both affordable housing and access to 2nd and 3rd phase interventions.

Affordable housing

Having a job doesn't guarantee that someone will have a home to live in. Rent is seldom the only thing one has to pay when trying to move into a place for the first time. Deposit, furnishings, water and electricity are other big expenses that need to be taken into account and entry-level jobs simply don't pay enough to be able to afford it all.

South Africa is a particularly complex country when it comes to housing. There are at least 2.9 million people¹⁹ who live in informal settlements, which makes the topic of affordable housing for the homeless a contentious one. In South Africa, it has taken 15 years to build 2.7 million low-cost houses and there is a reported backlog of around 2 million²⁰ houses that still need to be built. One can therefore assume the waiting period could be a number of years before a low-cost house becomes available if one applies today.

The City of Cape Town offers two avenues to help access housing if you register on the [housing database](#):

¹⁸

<https://www.capetown.gov.za/Work%20and%20business/Jobs-and-skills-development/Youth-careers/Find-an-opportunity-with-EPWP>

¹⁹ Page 6: [Informal Settlements and Human Rights in South Africa](#)

²⁰ [Winding path to decent housing for South Africa's poor | Africa Renewal](#).

[Apply for rental housing relief.](#)

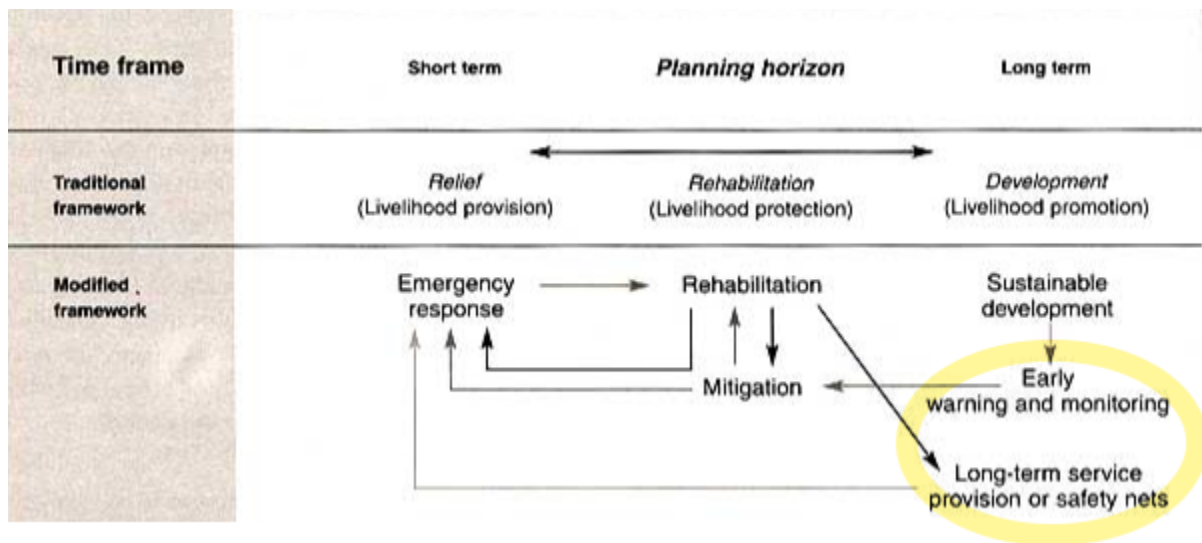
[Apply for social housing.](#)

However, these opportunities come with criteria²¹ which can be hard to fulfil as a homeless person:

- R0 to R3 500 monthly income (you and your spouse/partner together).
- You must be an SA citizen to apply.
- You have to be married or living in a relationship OR
 - If you are single, you must be able to prove that you have family members who are financially dependent on you OR
 - If you are single and you don't have any financial dependents, you must be 60 years or older, disabled or a proven military veteran.

However, there are always exceptions to the above and some social housing units only have maximum income restrictions.²² There is also a [Guide to Housing Opportunities in Cape Town](#) which is helpful.

Preventing becoming homelessness again



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It would be naïve to assume that the journey out of homelessness is without its challenges. Mistakes happen, relapses occur, job security is not always guaranteed, etc. One tragic event can lead to being homeless again and therefore it's extremely important that individuals who're exiting homelessness are not isolated but remain within some form of community.

Community-integration and continued social support is essential to the sustainability of remaining out of homelessness. Community integration can include joining a faith community, sports team, social club etc. or it can be as simple as sharing a house with another person or living within a housing community.

²¹ [Register on the housing database - City of Cape Town](#)

²² Page 3 [YOUR GUIDE TO HOUSING OPPORTUNITIES IN CAPE TOWN 2018](#)

²³ [The traditional relief-to-development continuum](#)

Despite many NGO's not having the capacity to continue meeting with individuals who's progressed through to 3rd phase or independent living, regular check-ins allow social workers to identify early warning signs when someone is at risk of becoming homeless again. This is key to preventing someone from starting the whole cycle again.

Long-term safety nets are government subsidies such as SASSA grants and can be pivotal in helping someone remain out of homelessness. Receiving a SASSA pension or the [Social Relief of Distress Grant](#) can be the main factor in having enough money to pay rent or buy food.

Conclusion

Humans are complex beings. When we mix that complexity with trauma and lack of safety nets, we end up with homelessness. The good news is that homelessness is conquerable, but we need more agents of change in our city along with more understanding on why people become and remain homeless.

One point of intervention is not going to solve homelessness. Multiple points of intervention from crisis response to long-term housing is the only way people are going to find homes sustainably. There needs to be a wider understanding and acceptance of phased-intervention among those working with the homeless in Cape Town and the public at large. Punitive responses to homelessness such as fines, imprisonment and confiscation of possessions further alienate homeless people and perpetuate the cycle of poverty by removing the very little that homeless people have. Furthermore, the erosion of trust in the 'system' prevents people from seeking help through intervention points such as shelters and drop-in centres.

If we want to see Cape Town reduce the amount of homeless people in our city, we need to stop over-simplifying homelessness. Broadening our knowledge will help us empathise instead of criticising those sleeping on the streets. Thank you to all the organisations, officials and people working tirelessly to build better systems and challenge the current systems in place. Most importantly, I want to acknowledge anyone who's experienced homelessness - finding a home is incredibly difficult and we hope that as a country and city we will get better at making it easier to leave the streets.

Addendum 1. Full list of Homeless Shelters for Men and Women

	Shelter Name	Address	Contact
1	Ceres - Haven	1 Owen Street, Ceres	023 312 1578
2	Haven - Bellville	2 South Street, Bellville	021 945 1413
3	Haven - Claremont	5 Fir Street, Claremont	021 671 4209
4	Haven - District Six	20 Selkirk Street, District Six	021 465 1310
5	Haven Old Age Homes	24 Dublin Street, Woodstock	021 447 7422
6	Haven - Kalk Bay	139 Main Road, Kalk Bay	021 788 5820
7	Haven - Kensington	Cnr. 13th Avenue & Dapper Road, Kensington	021 593 0276
8	Haven - Kraaifontein	20 Van der Ross Street, Kraaifontein	021 987 1967
9	Haven Moira Henderson	107 Chapel Street, Woodstock	021 461 2533
10	Haven - Mosselbay	3 Matfield Str, Mosselbay	044 691 0189
11	Haven - Napier Street	2 Napier Street, Greenpoint	021 421 6219
12	Haven -Paarl	6 Ambagsvallei Street, Paarl	021 862 1812
13	Haven - Retreat	10th Avenue, Retreat	021 715 0817
14	Haven - Swartland	5 Varing Straat,Wesbank, Malmesbury	022 486 5191
15	Haven - Wynberg	16a Piers Road, Wynberg	021 762 8243
16	The Hope Exchange	14A Roeland St, District Six	021 461 5508
17	The Ark	5 Old National Rd, Faure, Cape Town	072 292 4384
18	Owl Shelter	9 Polaris Road, Lansdowne	021 761 0944
19	Happy Valley	Off Palace Hill Road, Simons Town	021 786 5087
20	Youth Solutions Africa	Cnr Russell & Chapel Str Zonnebloem	021 642 8006
21	Somerset West	71 Church Street, Somerset West	021 851 4984

22	The Carpenter Shop	14a Roeland Street Cape Town	021 461 5508
23	St Annes Homes	48 Balfour Street, Woodstock	021 448 6792
24	Elim Night Shelter	47 Third Avenue, Elsie's River	021 591 2824
25	Stellenbosch Night Shelter	3 Tennant Street, Stellenbosch	021 886 6173
26	Cravenby Care Centre	12 Cravenby Street, Cravenby Estate Ravensmead	021 933 3477
27	Pride Shelter	1 Molteno Rd, Oranjezicht. Cape Town	021 423 2871
28	Beth Rogelim Salvation Army	22 Alfred Street, Cape Town	(021) 425 2138 / 082 773 3911
29	Nuwe Begin Skuiling	Brook street, Riverview. Worcester	023 342 7920
30	George Night Shelter	123 Memorium Street, George	044 873 2787
31	Oasis "Reach for your Dreams"	Oasis Business Park Schaapkraal Rd Phillipi	021 704 6815
32	Loaves and Fishes	Chatham Road, Observatory	021 448 5900
33	New Hope SA	23 Clevedon Road, Muizenberg	066 415 3936
34	Dusk - To- Dawn	127 Christian Street Ravensmead	021 931 3622
	Ubuntu Circle of Courage	16 Douglas Crescent, Delft	073 649 1323 073 606 7747

REGISTERED COMMUNITY BASED FACILITIES

Name of Organisation	Address	Region	Level of Intervention	Capacity	Gender
(STAND) LSAAG CBT	Robertson Thusong Centre, cnr Paddy and Wesley Street, Robertson Tel: 021 979 7289 stacey@lsaag.co.za	Cape Winelands	Early Intervention and Community Based Treatment	13 Per Treatment Cycle	Male and Female Adults
2nd Chance	16 Wellington Avenue, Wynberg	Metro South/Cape Winelands	Prevention	500	Male and Female Adults and Children
2nd Chance Outreach	129 11th Avenue, Retreat Tel: 071 769 8255 Email: williamcupido7@gmail.com	Metro South	Prevention	500	Male and Female Adults and Children
ABBA	Luckhoff School, Banhoek Street, Stellenbosch 0218838030 abba@adept.co.za	Cape Winelands	Early Intervention/Aftercare	240	Male and Female
All Nations of Christ Believers	54699 Sidwana Street, Kuyasa, Khayelitsha Tel: 021 839 2690 anbc@webmail.co.za	Metro East	Prevention	50 Per Treatment Cycle	Male and Female Adults and Children
Angel's Of Hope	1559 Mfundo Street, Bloekombos, Kraaifontein Tel: (021) 915 6666 073 822 3994	Metro North	Prevention	5000	Male and Female Adults and Youth
BOWL Community Centre	72 Church Street, Worcester CBD Worcester 023 342 1856 ceo@bowlcomcentre.co.za	Cape Winelands	Community Based Treatment/ Aftercare	150	Male and Female
Cape Town Drug Counselling Centre (Atlantis)	Drosdy Centre, Wesfleur Centre, Atlantis Tel: 021 571 7180 ashley@drugcentre.org.za	Metro North	Treatment	120	Male and Female Adults and Children
Cape Town Drug Counselling Centre (Mitchell's Plain)	1 Civet Street, Eastridge Mitchells Plain 7785. Tel: (021) 397 0103, Email: ashley@drugcentre.org.za	Metro South	Early intervention /Treatment/ Aftercare	560	Male and Female Adults and Children

Cape Town Drug Counselling Centre (Observatory)	1 Roman Road, Observatory. Ashley Potts, Tel: (021) 447- 8026, Email: ashley@drugcentre.org.za	Metro North	Early intervention /Treatment/ Aftercare	560	Male and Female Adults and Children
Christian Action for Dependence	25 Digtibij Street (Sarepta) Kuilsrivier 021 903 1030 org@cadwk.co.za	Metro East	Aftercare	300	Male and Female
City of Cape Town Matrix - Eersterivier	Bobs Way, Eersterivier 021 444 7147 matrix@capetown.gov.za	Metro East	Community Based Treatment	30 Per Treatment Cycle	Male and Female Adults
City of Cape Town Matrix site - Albow Gardens	Albow Gardens Community health centre, Koeberg Road, Brooklyn 0214445963/4 matrix@capetown.gov.za	Metro North	Community Based Treatment	30 Per Treatment Cycle	Male and Female Adults
City of Cape Town Matrix site - Delft South	Delft South Clinic, C/o Boyce Street and Delft Main Road 0214448444/5/6 matrix@capetown.gov.za	Metro East	Community Based Treatment	30 Per Treatment Cycle	Male and Female Adults
City of Cape Town Matrix site - Khayelitsha	Town 2 Community Health Centre, C/o Japhta Masemola & Charles Mokoena Street, Town 2, Khayelitsha 0214442919/20/21 matrix@capetown.gov.za	Metro South	Community Based Treatment	30 Per Treatment Cycle	Male and Female Adults
City of Cape Town Matrix Site - Parkwood	Parkwood Clinic, C/o Parkwood Ave and Walmer Road, Parkwood 021444 4212/3 matrix@capetown.gov.za	Metro South	Community Based Treatment	30 Per Treatment Cycle	Male and Female Adults
City of Cape Town Matrix Site - Ruimte Road	Manenberg Ruimte Road Satelite Clinic, Ruimte Road, Manenberg 021444 3539//40/41 matrix@capetown.gov.za	Metro South	Community Based Treatment	30 Per Treatment Cycle	Male and Female Adults

City of Cape Town Matrix Site - Scottsdene	Scottsdene Clinic Eoan Street, Scottsdene, Kraaifontein 021 444 8777 / 497 / 518 matrix@capetown.gov.za	Metro East	Community Based Treatment	30 Per Treatment Cycle	Male and Female Adults
City of Cape Town Matrix site - Tafelsig	Tafelsig Community Health Centre, C/o Kilemanjaro and Pyreneze Street, Tafelsig, Mithchells Plain 021444 8444/5/6 matrix@capetown.gov.za	Metro South	Community Based Treatment	30 Per Treatment Cycle	Male and Female Adults
Creating Effective Families	9 George Road, Mossel Bay 044 691 1411 pdupreez@cefm.co.za	Eden Karoo	Early Intervention	120	Male and Female Adults and Children
Dimensions SA	188 Belgravia Road, Crawford 0218560186 srajap@brhc.com	Metro South and Metro East	Community Based Treatment/ Aftercare	120	Male and Female Adults
Disa Outreach	Eikenhof, Porterville Tel: 022 931 3201 karin@knoetzen.co.za	West Coast	Prevention	60	Male and Female Adults and Children
Early Years Services	335 A, Klipfontein Road, Athlone 7764. (Head Office) Tel: (021) 637 8700 earlyyears@telkomsa.net	Metro South	Prevention	550	Male and Female Adults and Children
Equilibrium	9 Lower Balvenie Avenue Matroosfontein Elsiesriver (Office in Range High School) Tel: (021) 931- 7745 Email: equilibriumcentre145@gmail.com	Metro North	Early Intervention, Community Based Treatment and Aftercare	450	Male and Female Adults and Children
FARR	Unit 5, Amber Place, 42 Bloemhof Street, Bellville 021 686 2646 lo@farsa.org.za	Metro East and West Coast	Prevention	4615	Male and Female
FASfacts	No. 1 Barring Street Worcester 023 342 7000 francois@fasfacts.org.za	Cape Winelands	Prevention, Early Intervention	954	Male and Female

Fountain of Grace Ministries	17638 Nqandane Street, Witsand Atlantis Tel: 081 387 6910 Email: mpelasipho@gmail.com	West Coast	Prevention	300	Male and Female Adults and Children
Good Hope Recovery	5 Somerset Street, Durbanville 0609194847 0718633278 deciordan@gmail.com	Metro North	Treatment and Aftercare	24 (12x2) Per Treatment Cycle	Male and Female Adults
Hangberg Dreams	St Somin Anglican Church, Snyders Way, Hout Bay Tel: 062 291 4713 Email: info@hangbergdreams.org. za	Metro South	Early Intervention and Community Based Treatment	250	Male and Female Adults
Hawston Health and Welfare Organisation	169 Church Street, Hawston 028 315 2527 overstrandcarecentre@telk omsa.net	Overberg	Early Intervention	120	Male and Female
Help Me Network	13 Twin Oak Centre, Main Road, Somerset West 0218524234 sput@africa.com	Metro East	Early Intervention/ Community Based Treatment	290	Male and Female
Hermanus Clive Prins	9 Mitchell Street Hermanus 0283163228 ann52wright@gmail.com	Overberg	Community Based Treatment	60	Adults and Children
Hope Again Recovery Home Aftercare Service	C/o Ajax and Artemis Street Woodlands, Mitchell's Plain, Cape Town 021 371 7323 crystal@moounthope.co.za	Metro South	Early Intervention and Aftercare	240	Male and Female Adults
Hope House Counselling Centre (Steenberg)	136 Blaauwberg Road, Tableview Tel: 021377323 info@hopehouse.org	Metro South	Community Based Treatment	270 Per Programme	Male and Female Adults and Children
Ikamva Jeugontwikkeling en Rekenaar Sentrum	33 Violtjie Street Blompark Gansbaai 0283842144 ikamva1@telkomsa.net	Overberg	Early Intervention	150	Male and Female
Ithembelitsha Development Agency	SHAWCO K2, G323 Mongezi Drive, Khayelitsha, Cape Town	Metro East	Prevention and Awareness	15	Male and Female Adolescents

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Knysna Alcohol and Drug Centre	6 Green Street, Knysna Tel: (044) 382-5260. Fax: (044) 382-1063 Email: director@kadc.co.za/info@ kadc.co.za	Eden Karoo	Early Intervention and Aftercare	260	Male and Female
Les Femmes Wellness Clinic	54 Broad Road, Wynberg 021 762 0223 0608796802 info@lesfemmesclinic.co.za	Metro South	Prevention / Early Intervention / Treatment / Aftercare	360	Female
Living Hope Recovery Home	171-173 Main Road Muizenberg 021 788 9702 igmanager@livinghope.co. za	Metro South	Community Based Treatment	200	Male and Female
Macassar Baptist Church Outreach	17 Belvedere Road, Macassar	Metro East	Community Based Treatment	20	Male and Female Adults
Matzikama Alcohol and Drug Action (MADA)	28 Church Street, Reunion Building, Lutzville (027) 213-3270 Fax: (027) 213-3270 madamatzi@telkomsa.net	West Coast	Early Intervention / Aftercare	240	Male and Female
Omega Foundation	1 Solway Street Room 1 Belville 0219102431 omegafoundationsa@gmail. l.com	Metro East	Community Based Treatment	8 Per Treatment Cycle	Male and Female Adults and Children
Pascap Trust	68 Wale Street Cape Town 0214225588 info@pascap.org.za	Metro North and South	Community Based Treatment, Early Intervention	340	Male and Female Children
People Against Substance Abuse (PASA)	Doneraile House, 7 Doneraile Street, George Tel: 044 150 0007 Email: freddy@pasacaw.co.za	Eden Karoo	Community Based Treatment	250	Male and Female Adults
Prestige Ignite	38 Leipoldt Street, Strand 7140. Johanna de Waal Tel: (021) 854-3183 or 083 206 1043 Fax: (021) 854-3138 Email: johannadewaal@gmail.co m	Cape Winelands	Early intervention	140	Adults and Children

Realistic	NY 6 Shop 9, Gugulethu, 7750. Tel: (021) 633- 1800 solomonmadikane@gmail. co.za	Metro East	Early Intervention/Aftercare	360	Male and Female
Renata Healthy Lifestyle	13 Wesfleur Circle, Atlantis	West Coast	Prevention	400	Male and Femal Adults
Rural Impact	6 Burrell Crescent, Lamberts Bay 027 432 1869 andries@ruralimpact.co.za	West Coast	Early Intervention/ Aftercare	150 and 240	Male and Female Adults and Children
SAHARA Smoking and Alcohol Harms Alleviation and Rehabilitation Association	Room E77, Management Suite, George Hospital, Davidson Street, George	Eden Karoo	Prevention, Early Intervention, Treatment, Aftercare and Reintegration	80	Male and Female Adults and Youth
SANCA Athlone	S&H Centre, 1 Carnie Road, Rylands, Athlone vuyiswa@sancawc.co.za	Metro South	Early Intervention, Community Base Treatment & Aftercare	440	Male and Female Adults and Children
SANCA George	2 Doneraile Street George 6530. Tel: (044) 884- 0674. Fax: (044) 884- 0674. ddebeer@sancageorge.or g.za	Eden Karoo	Early Intervention, Community Base Treatment & Aftercare	350	Adults and Children
SANCA Gugulethu	157 Lower Klipfontein Road, Child Welfare Building, Gatesville. 021 638 5116 vuyiswa@sancawc.co.za	Metro South	Early Intervention, Community Based Treatment	320	Male and Female
SANCA Khayelitsha	93 Phakamani Road, Khayelitsha 0213646131 vuyiswa@sancawc.co.za	Metro East	Early Intervention	120	Male AND Female
SANCA Paarl	JF Phillips Building, 1st Floor, 34 Lady Grey Street, Paarl 0218729671 paarl@sancawc.co.za	Cape Winelands	Community Based Treatment/ Aftercare	320	Male and Female
SANCA Tygerberg	3 Second Avenue Boston, Bellville tygerberg@sancawc.co.za 0219452099	Metro North	Early Intervention, Community Based Treatment and Aftercare	440	Male and Female

Scienza Intensive Outpatient Alcohol and Drug Treatment Program	3 Dieppe Street Courtai, Paarl 0832835278 info@scienza.co.za www.scienza.co.za	Cape Winelands	Community Based Treatment	20 per Treatment Cycle	Male and Female Adults
Second Chances Restoration Centre	13 Breezand Street Stratford Eerste River Cape Town 079 2458 997 carmenthomas96@yahoo.com	Metro East	Community Based Treatment	240	Male and Female Adult and Children
Sizakuyenza	C/o New Eisleben and Mpumelelo sizakuyenza.new@gmail.com 0213740800	Metro South	Early Intervention	120	Male and Female
SMART Helderberg	201 Victory Centre, Victoria Street, Somerset West Tel: (021) 850- 0792, cares@smart-sa.org admin@smart-sa.org	Metro East	Community Based Treatment	75	Male and Female Adults
Sultan Bahu Centre - Athlone /Hanover Park	Cnr Lonedown & Lansur Road Hanover Park. Tel: (021) 691- 7782, Fax: (021) 691- 7900 Email: bahuct@yahoo.com	Metro South	Community Based Treatment	320	Male and Female Adults
Sultan Bahu Centre - Bellville	12 Middle Street, Bellville Tel: (021) 694- 9874, Email: bahuct@yahoo.com	Metro North	Community Based Treatment	320	Male and Female Adults
Sultan Bahu Centre - Mitchell's Plain	92 Shepherd Way, Westridge Mitchell's Plain 7785. Shafiek Davids. Tel: (021) 372- 2945, Fax: (021) 372- 1838 Email: bahuct@yahoo.com	Metro South	Community Based Treatment	414	Male and Female Adults
TB HIV Care	3rd Floor Excelsior, 80 Harrington Street Zonnebloem, Cape Town Tel: (021) 425 0050	Metro North	Prevention, Early Intervention and Community Based Treatment	60 per treatment cycle	Male and Female Adults

Tehillah Community Collaborative Community Based Service	196 16th Avenue Leonsdale Elsies Rivier 0219330990 tehillacc@polka.co.za	Metro North	Community Based Treatment	240	Male and Female Adults and Children
The Hope Revolution Vision	18-20 Mimosa Street, Kleinvlei, Eerste Rivier	Metro East	Prevention and Early Intervention	14250	Male and Female Adults and Children
The Mudita Foundation	Merriman Place No 5, Merriman Avenue, Stellenbosch Tel: 021 909 1105 Email: info@themuditafoundation.org.za	Metro East	Early Intervention/Community Based Treatment	140	Adults and Children
Toevlug Outpatient Treatment Centre	40 Noble Street, Worcester Tel: 023 342 1162/3 Email: rehab@toevlug.org	Cape Winelands	Outpatient	120	Male and Female Adults and Children
Toevlug Community Based Services (Rawsonville, Wolseley, Ceres, Koue Bokkeveld, Beaufort West)	40 Noble Street, Worcester Tel:(023) 342 1162 Fax:(023) 347 3232 Email: rehab@toevlug.org	Sentraal Karoo (Eden District) and Cape Winelands	Community Based Treatment	190	Male and Female Adults and Children
Toevlug Community Based Services (Still Baai)	Address: Ouma Lena Se Huis, C/o Freesia and Rooipitjie street, Melkhoutfontein, Still Bay Tel: (028) 754 2203 Email: badisastilbaai@telkomsa.net	Eden Karoo	Community Based Treatment	120	Male and Female Adults and Children

Useful phone numbers: Outpatient specialist substance treatment services

City of Cape Town Matrix clinics:

Email: matrix@capetown.goc.za

- Delft South Matrix Clinic
c/o Boyce Street and Delft Main Rd
Tel: 021 955 1010/1021
- Tafelsig Matrix Clinic
Kilimanjaro Street, Tafelsig (Mitchells Plain)
Tel: 021 397 8195/ 8906
- Tableview Matrix Clinic
South Road, Table View, Milnerton
Tel: 021 557 1065/6
- Khayelitsha Matrix Site,
c/o Lansdowne & Charles Mokoena St, Town
2, Khayelitsha
Tel: 021 360 4014/ 4000
- Parkwood Matrix site
Cnr Parkwood & Walmer Road, Parkwood
Estate
Tel: 021 705 0103/4
- Albow Matrix site
Koeberg Road, Brooklyn
Tel: 201 444 5963/4
- Eesterivier Matrix clinic
Bobs Way, Eersterivier
Tel: 021 4447147
- Scottsdene Matrix clinic
Eoan street, Scottsdene
Tel: 021 4448777/497/518

CTDCC:

- Observatory:
1 Roman Rd
tel: (021) 447 8026
- Mitchell's Plain
1 Civet Street, Eastridge, Mitchells Plain
tel: (021) 3970103
- Atlantis
Drody Centre, Westfleur Centre, Atlantis
Tel: 021 5717180

SANCA:

- Regional office:
18 Karoo steet, Bellville
Tel: 021 945 4080

SANCA continue

- Tygerberg:
3 2nd Ave, Boston, Bellville
Tel: 021-945 2099/2103
- Althone/Gugutethu
Child welfare, 157 Lower Klipfontein Rd,
Athlone
Tel: 021 638 5116/5181; 021 637 2832
- Paarl
JF Phillips Build, 1st Floor, 34 Lady Grey Str
Satellite: c/o Claasen Str & Blossom str,
Wellington
Tel: 021-872 9671
- George
2 Doneraile Str, George
Tel. 044- 8840674

Sultan Bahu:

- Mitchell's Plain branch
92 Shepherd way, Westridge
Tel: 021 372 2945 / 372 4555
Fax: 021 372 1838
- Hanover Park
Cnr of Lonedown & Lansur rd
Tel:021 691 7782
Fax: 021 691 7900
- Bellville
12 Middle Street, Bellville
Tel: 021 6949874

CARES

Somerset West: 40 James st,
021 850 0792

Help Me Network

13 Twin Oaks Centre,
Main Road, Somerset West
Tel: (021) 852 4234

Hope House Counselling Centre

136 Blaauwberg Rd, Tableview
Tel: 021 5229228

REGISTERED INPATIENT TREATMENT FACILITIES

Name of Organisation	Address	Region	Level of Intervention	Bed Capacity	Gender
Akeso George	15 Windsor Street Dormehls Drift George 044 805 0110 belinda.c@akeso.co.za	Eden Karoo	Inpatient	15 10	Male and Female Adults Male and Female Adolescents (13-17 years old)
Akeso Kenilworth	32 Kenilworth Street, Kenilworth, Tel: (021) 763 4501 camilla.h@akeso.co.za	Metro South	Inpatient	24	Male and Female Adults
Akeso Milnerton	Milpark Centre, C/o Keurboom and Ixia Street, Milnerton Tel: 087 098 0101 087 098 0450 moira.g@akeso.co.za	Metro North	Inpatient	23	Male and Female Adults
Akeso Stepping Stones	C/o Main and Van Imhoff Roads, Kommetjie Tel: 087 098 0453 nickie.c@akeso.co.za	Metro South	Inpatient	17	Male and Female Adults
Bloemendal Addictions	Bloemendal Farms, R45, Simondium, Paarl Tel: (021) 863 3399 admin@bloemendalclinic.co.za	Cape Winelands	Inpatient	21	Male and Female Adults
Claro Clinic	Ground and First Floor, Burnside, Syfred Douglas Street, N1 City, Goodwood Tel: (021) 595 8522 Fax: (021) 595 3359 csu@mweb.co.za addiction@claroclinic.co.za	Metro North	Inpatient	27	Male and Female Adults
Crescent Clinic	269 Main Road, Claremont, Cape Town Tel: 083 658 2709 Tel: (021) 762 7666 zandre@crescentclinic.com	Metro South	Inpatient	30	Male and Female Adults
Harmony Addictions and Psychiatric Clinic	7 Valley Road Hout Bay 021 790 7779 siobhan@harmonyclinic.co.za	Metro South	Inpatient	50	Male and Female Adults

Hesketh King Treatment Centre (The Salvation Army)	C/O Paarl Road & Klipheuwel Road Muldersvlei P.O. BOX 5, Elsenburg Tel:(021) 884 4807 Tel:(021) 884 4600 Fax: (021) 884 4602 hking@mweb.co.za	Cape Winelands	Inpatient	54 (35 Adults and 19 Youth: 16 - 20 years)	Male Adults and Youth
Ixande House	25 Gibson Road Kenilworth. Tel: (021) 761 7348, Email: info@ixande.co.za	Metro South	Inpatient	20	Male and Female Adults
Namaqua Treatment Centre	Up to Date Plaas, Perseel 30 Lutzville 8165 Ina Jooste Tel: (021)271 1144 Fax: 086 685 8314 info@namaqua-rehab.co.za / inajooste@mweb.co.za	West Coast	Inpatient	20	Male and Female Adults
New Journey Treatment Centre	575 Lansdowne Road Lansdowne Cape Town 072 431 1104 riedwaan.harneker1006@gmail.com	Metro South	Inpatient	14	Male and Female Adults
Oasis Treatment Centre	19 Longships Drive,Plettenberg Bay Kathryn De Gouveia Tel: (044) 533 1752 Fax: (044) 533 1752 info@oasiscentre.co.za	Eden Karoo	Inpatient	20	Male and Female Adults
Pines Clinic	C/o Church and Fairburn Street Worcester Tel: (023) 342 3113 info@pinesclinic.co.za	Cape Winelands	Inpatient	12	Male and Female Adults
RAMOT	54 Toner Street, Parow East. Tel: (021) 939- 2033, Fax: (021) 930- 3123 Email: opnames@ramot.co.za / admin@ramot.co.za	Metro North	Inpatient	50	Male and Female Adults

Rustenburg Addiction Care	Rustenburg Farm, Winery Road, Firgrove drmeyer@mweb.co.za Tel: 087 943 2293	Metro East	Inpatient	36	Male and Female Adults
Saartjie Baartman	Klipfontein Road Athlone Tel: (021)633 5287 director@womanscentre.co .za	Metro South	Inpatient	10	Female Adults
Safetynet	49 18th Avenue Boston,7530 Tel: (021) 949 9887 safetynet@telkomsa.net	Metro North	Inpatient	No records on file. Non availability at contact number	
Tehillah Spread Your Wing Treatment Centre	196 16th Avenue,Leons Dale,Elsies River Tel: (021) 933 0990 Fax: 086 522 9264 tehillahcc@polka.co.za	Metro North	Inpatient	45	Male and Female Adults
The Cedars Cape Manor House	5 Tiverton Road Plumstead Tel: (021) 762 1822 drmeyer@mweb.co.za	Metro South	Inpatient	8	Male and Female Adults
Tharagay Place	31 Kenilworth Road Kenilworth Tel: (021) 762 1822 082 569 4692 drmeyer@mweb.co.za	Metro South	Inpatient	12	Male and Female Adults
Tharaygay House	15 (A) Gibson Road,Kenilworth. Tel: (021) 762 1822 0825694692 drmeyer@mweb.co.za	Metro South	Inpatient	14	Male and Female Adults
The Haven Addiction Recovery Centre	The Hugenoet, Harkerville, Plettenberg Bay, 6604 073 761 3939 info@havenaddictionrecov ery.com	Eden Karoo	Inpatient	50	Male and Female Adults
The Redbourne	Keurboom Avenue, Plettenberg Bay	Eden Karoo	Inpatient	24	Male and Female Adults
The Retreat Wellness Centre	203 Barrington Road, Elandskraal Tel: (044) 343 1395	Eden Karoo	Inpatient	12	Male and Female Adults

Toeplug Treatment Centre	40 Noble Street, Riverview,Worcester Tel:(023) 342 1162 Fax:(023) 347 3232 trossouw@toevlug.org	Cape Winelands	Inpatient	80 (63 Adult Male and Female - 17 Male Children)	Male and Female Adults Children Male
Twin Rivers Addiction Recovery Centre	95 Longships Drive,Plettenberg Bay,6600 Tel: (044) 533 6821 082 863 3159 david@twinriversrehab.co.za	Eden Karoo	Inpatient	12	Male and Female Adults
West Beach Clinic	West Port Square, Sandown Road, Blouberg Sands, Bloubergstrand 0210010560 daniel@lifepathgroup.co.za	West Coast	Inpatient	8	Male and Female Adults