



Volunteer Information



What we do....

Malamulele Onward is a non-governmental organisation providing specialised therapy (physiotherapy, occupational therapy and speech therapy), equipment, assistive devices and caregiver training to poorly-resourced rural areas of South Africa where children severely disabled by cerebral palsy have little or no access to rehabilitation therapy and equipment. This group of children and their caregivers are amongst the most marginalised members of our society.

We have a multi-faceted approach and one of the facets of our approach is our Outreach programme i.e. where we carry out a five day outreach project to our various rural sites. We tend to run one outreach a month where a group of Malamulele Onward therapists, along with volunteers, work with local therapy staff providing workshops, training and mentoring. During this week we would usually support local therapists in provision of an intensive block of therapy to several children and assist in working with groups of children. An important part of the week involves training caregivers on CP and how to continue therapy programmes at home. The children are also fitted and provided with equipment and assistive devices they need at home, and so we carry out home visits to see some of the children within their home environment.





What we do....

In addition to the outreach projects to deeply rural areas, we also have the capacity and facilities to invite children from our outreach sites to come to our head office and therapy centre in Johannesburg for additional ten day blocks of intensive therapy. We usually invite 4 children at a time. Children attend with a primary caregiver and stay on site in a purpose built home. The Residential Therapy Programme runs throughout the year, and each of our sites is given a dedicated two week block.



Volunteering with us

We consider volunteers an important part of our team, and so we would love to have you for as long as you are able to come. All you need is a passion for the kind of work we do, and a willingness to be involved. NDT/Bobath training is a bonus, but not a pre-requisite. The role of the volunteer will vary depending on your level of experience and expertise, as well as your intended dates and duration of stay.

Attending an outreach is highly recommended as this is certainly a unique experience, it's also an ideal opportunity to see different parts of the country – and experience true rural Africa. An extra pair of hands is always useful! If you're able to stay on and assist our team with the Residential Therapy Programme in Johannesburg, we won't be short of things to keep you busy! There is always work to be done, and it's an ideal opportunity to get to know the children and caregivers a little bit better.

Our Programme for 2016



Essentially we carry out at least one outreach a month to various sites we work with throughout rural South Africa and Lesotho. Our timetable for this year is as follows:

| Dates | Outreach Site | Volunteers Needed |
|-----------------|--|-------------------|
| 9 – 13 May | Madwaleni, Eastern Cape | ✘ |
| 9 – 13 May | Zithulele / Canzibe, Eastern Cape | ✘ |
| 11 – 15 July | Dilokong / Lydenburg, Limpopo/Mpumalanga | ✓ |
| 11- 15 July | Lusikisiki and Isimilela, Eastern Cape | ✓ |
| 1 – 5 August | Butterworth, Eastern Cape | ✘ |
| 8 – 12 August | Malamulele, Limpopo | ✓ |
| 5 - 9 Sep | St Apollinaris Hospital / Emmaus, KZN | ✘ |
| 12 - 16 Sep | Butterworth, Eastern Cape | ✓ |
| 10 - 14 October | Thuso School, Buthe-Bothe, Eastern Cape | ✓ |
| 17 – 21 October | Mangusi and Mseleni, KZN | ✓ |
| 14 – 18 Nov | Nquthu, KZN | ✓ |
| 5 – 9 December | Mohale's Hoek, Lesotho | ✓ |

Our intensive therapy blocks in Johannesburg run consecutively throughout the year.

What we provide

For outreach visits:

Malamulele Onward will put money towards cost of your travel to get to the project site **from Johannesburg or from your hometown if it is closer** (exact costs to be covered are generally negotiated once you have committed to an outreach visit). Transport will either be by car or plane depending on where the site is. We will also cover the cost of your accommodation for the duration of the outreach. We do ensure that accommodation is clean and comfortable. During the project week, meals (breakfast and dinner) are supplied, but we ask volunteers to organise their own lunch. Some areas have shops, otherwise the accommodation has storage facilities for food.

For the Residential Therapy Programme in Johannesburg:

We have accommodation on site for visiting therapists or volunteers and so you don't need to worry about travel or accommodation in Johannesburg while you are working with us. The house has a fully equipped kitchen, and accommodation is on a self catering basis, in other words all you need to organise is your own food for the duration. There are shops within walking distance of our centre.



What you need to do

You will need to cover the costs of your travel to Johannesburg, in other words your air fare/s to, or within, South Africa in order to get to us.

Visas: You will be responsible for organising visas for your stay in South Africa.

Travel Insurance: We highly recommend that you take out travel insurance before travelling to South Africa in the unlikely event that it should be required.

Other travel and activities: Should you wish to make use of this trip as a “working” holiday – we can certainly give you some ideas or pointers, but you would need to plan and cover the costs of any extra trips, safaris, etc. We are ideally situated in Johannesburg, very close to Park Station which is a central hub for trains within Johannesburg (most importantly – the Gautrain) and for buses travelling to different areas of the country (i.e. Greyhound, Intercap, etc) – so it wouldn’t be very difficult to do at all!

What next?

If you are keen to join us, all you need to do now is contact Tami Brown, Malamulele Onward’s Outreach Co-ordinator, on tami@cpchildren.org and let us know the following:

- ▶ your intended dates (i.e. the dates you’re available to volunteer)
- ▶ your experience to date and your discipline
- ▶if you’ve any other queries! 😊

You may also like to check out our website - www.malamuleleonward.org for further details on our organisation and the sites we visit, as well as for a full list of our contact details and the location of our head office/therapy centre.

Thank you for expressing interest in volunteering for us!