

Environment and Services  
APG2038W



The UCT Knowledge Co-op facilitated this collaborative project between NOAH and UCT.

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# SOCIAL OUTREACH REPORT

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# WHAT IS NOAH

NOAH (Neighbourhood old age homes) is a South African Non-profit organisation which runs a model of housing and services for the elderly.

NOAH has 13 homes spread over the following areas in Cape Town: Woodstock, Atlantis, Rondebosch East, Athlone, Elsies River, Khayelitsha, Parow and Stellenbosch. NOAH provides services for these pensioners whilst they remain independent

“NOAH, since it was founded in 1981, has developed an exemplary model of health, home and happiness, and has been a good way of meeting a burgeoning need for safe, affordable housing for the elderly.” - <http://www.noah.org.za/>





# University of Cape Town Students community project proposal

## *Project Statement*

The aim of this social outreach project is to facilitate art classes for the elderly. The reason being that often the elderly are ostracised and through these artistic engagements we hope to give them the opportunity to communicate with one another, to remain active and have a constructive way to spend their time.

## METHOD

We will be conducting 1 hour session where they will be working on the following:

### Exercise 1: River Rock Doormat

Materials and Tools

- A roll of flexible shelf liner (or a plastic mesh with rubber pads for bathroom use)
- River rocks
- Adhesive (make sure to use a suitable one depending on the purpose of your mat)
- Plastic Drop Cloth
- Cutter



## Exercise 2: Spoon Lamp

### Materials and Tools

- A small lamp
- A wide bottle (I used a squash bottle)
- Plastic spoons (I used exactly 125!)
- Yellow paint
- Green cardstock
- A glue gun
- X-acto Knife





### Exercise 3: Baskets

#### Materials and Tools

- Cloth
- Cardboard Box
- Glue
- 4 ply jute (rope)

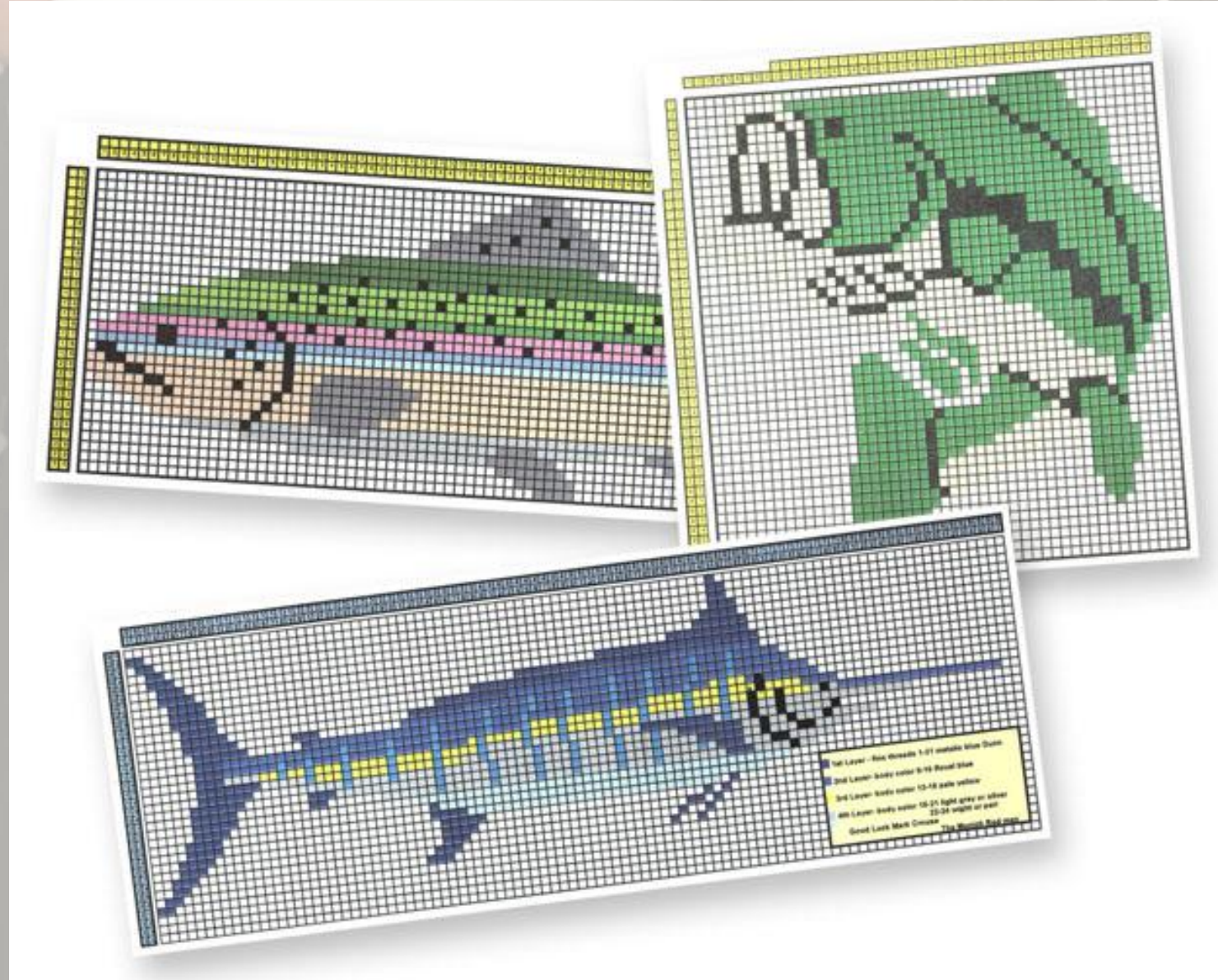




## Exercise 4: Threading

### Materials and Tools

- Thread
- Needle
- Template

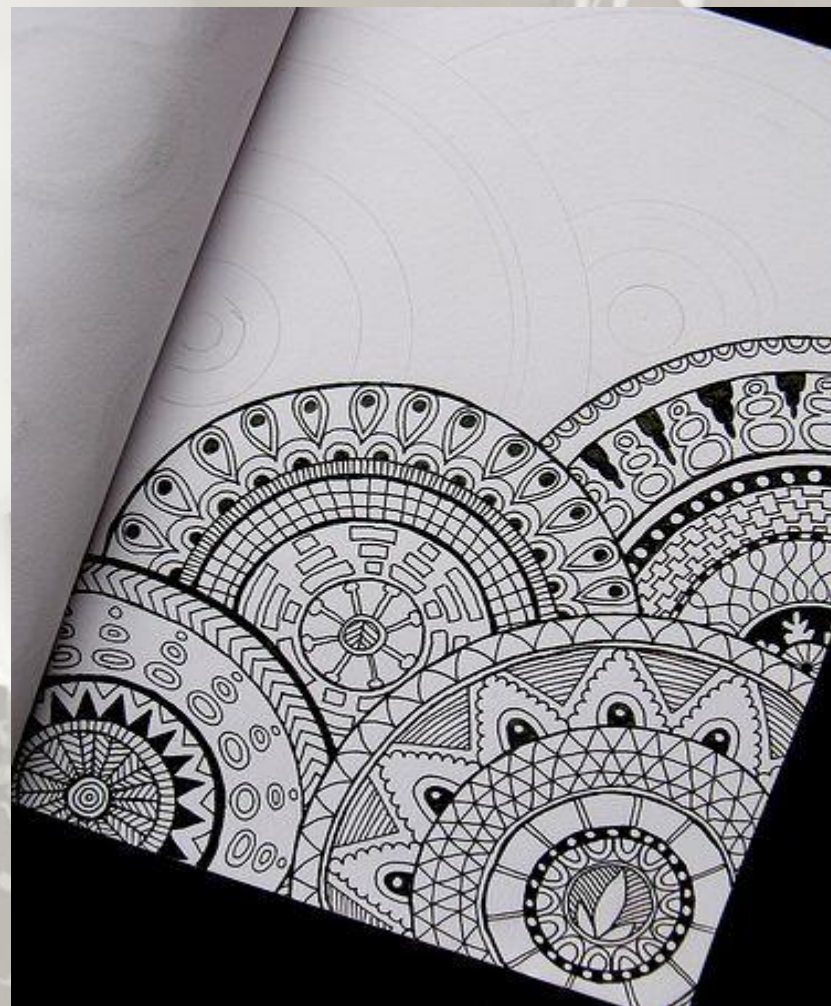
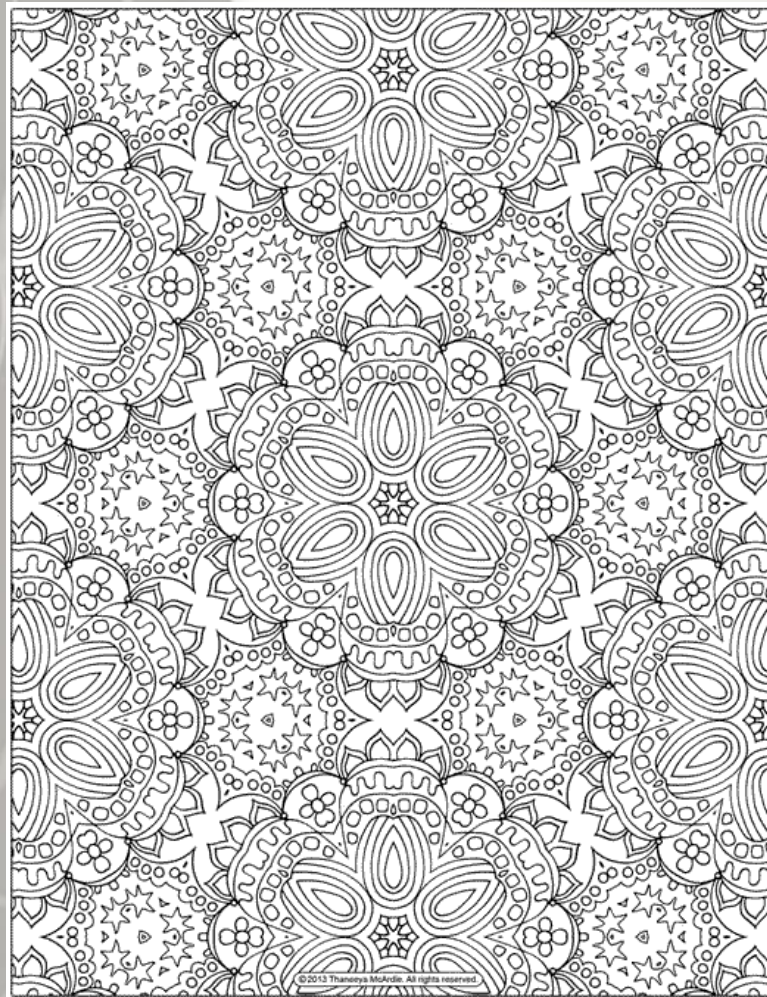




## Exercise 5: Mandala Ink on paper

### Materials and Tools

- Paper
- Ink





# Feedback

- We held the art class every Monday from the 3<sup>rd</sup> of June until the 18<sup>th</sup> of September (excluding the holidays). Initially they from 1 – 2 but then were moved from 12-1.
- The classes initially consisted of 3 members but grew over time to 6 members.
- We started with exercise 3 which was a homemade storage box which we thought they could use for the candles and scented bean bags they had been making during their Tuesday art and crafts sessions.
- We spent a majority of the time working on this exercise with the class and the project's process progressed slower than we expected It to as this is the only project we managed to complete one of the proposed projects.





# Feedback: Method

We recycled old t-shirts to and cut them into strips. These red strips were braided into longer plaits which were used as the intended rope for the exterior cover of the box.

The longer strips were then glued to the recycled box that were to be the storage space.

We repeated the same process with more boxes in the next session as they required more boxes for storage.

After the glues had tried the focus shifted to the interior of the boxes as it needed to be covered for aesthetics.

The class suggested we reuse old material they had stored instead of purchasing new material.

They chose their desired colours and patterns and we glued the material to the interior of the boxes. This was secured by an additional strip which was glued to the material and tied around the entire box.



# Feedback



The members were really committed to the project, willing to engage with the process and easy to get along with.



# Feedback: Reflection

The interaction and time spent brought a new dynamic to the student life we live on upper campus. What we learnt from the experience was to have patience and to engage with new activities with an open mind for the best possible outcome and overall experience.

Patience was a concept that we had to deal with in relation to the class as well as with ourselves who were learning as the process unfolded.

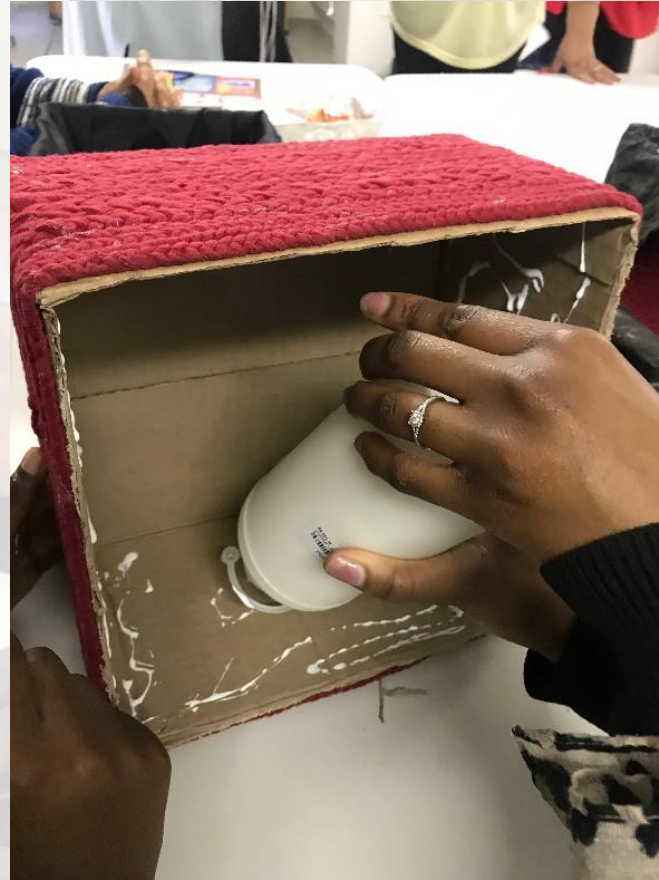
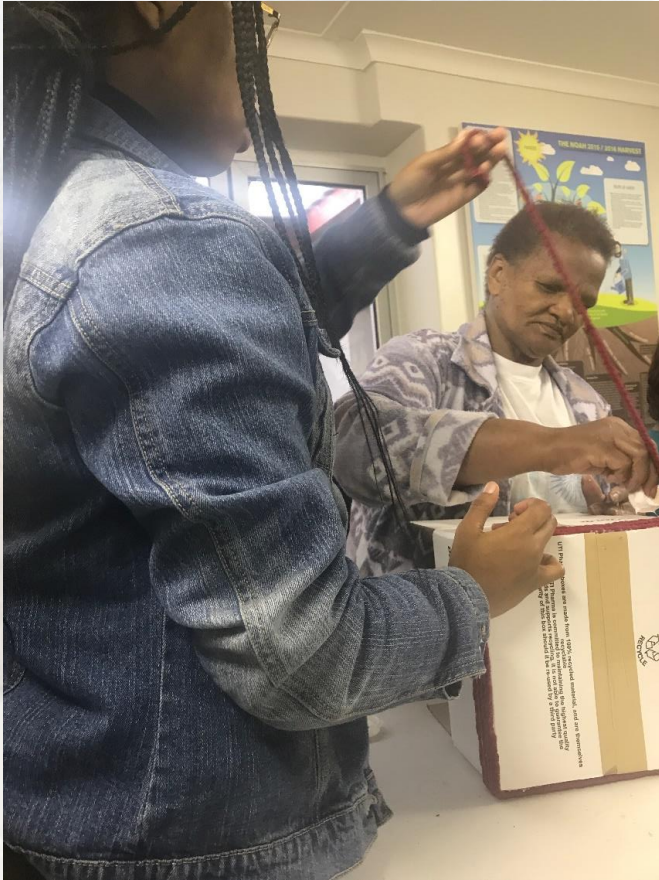
Engaging with an open mind combated the preconceptions that we carry about old age homes and the elderly in general.

We had perceived the elderly to be reliant, incapable and relatively fragile. This experience and interaction has contradicted our preconceptions as they proved to be fully independent people that live sufficiently in units along the communal street.

We also had the preconception that they were a forgotten part of society and this was confirmed through conversation. However at NOAH this notion is eradicated by the atmosphere and nature of the communal street which aims to provide a support system for the residents of the street.



# Images



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