



7 Appendices



7.1 Appendix A – Accommodation schedule

7.1 Appendix A - Accommodation Schedule

Preferable maximum coverage is 25% allowing space for outdoor activity and connection to nature. Site is 1.8 ha, or 18000m², therefore the preferred maximum area is 4500m². According to Cox and Groves (1990: 134) current thinking restricts

the size of residential accommodation for intellectually disabled people to between 100 and 200 beds. This facility will accommodate 144 beds.

Table 15 - Accommodation Schedule

Function		Area (m ²)	no.	total (m ²)	
Administration	Reception and waiting area	40		40	
	General office	36		36	
	Superintendent office	12		12	
	Boardroom	28		28	
	Store for office supplies	9		9	
	Records room	9		9	
	Strong room	9		9	
	Store & sorting for donations	15		15	
	Kitchenette	6		6	
	Staff toilets	9		9	
	Visitors' room	28		28	
	Visitors' toilets	7		7	
	Shop	21		21	
	Therapy centre	Hydrotherapy room	77		77
		Hydrotherapy store	5		5
Change rooms		20		20	
Occupational therapy room		46		46	
Occupational therapy store		6		6	
Physiotherapy room		41		41	
Physiotherapy store		5		5	
Speech therapy		14		14	
Snoezelin room		14		14	
Individual therapy room		14	2	28	
Toilets (residents)		36		36	

	Toilets (Staff / visitors)	36		36
	Cleaners' store	2	2	4
	Hall with stage	205		205
	Backstage / store	24	2	48
Staff room	Dining area & lockers	70		70
	Toilets/showers	30		30
Kitchen & laundry	Kitchen	100		100
	Kitchen stores	35		35
	Laundry	70		70
	Laundry stores	10		10
Medical	Doctors room	12		12
	Nurses office	12		12
	Waiting	10		10
Place of worship	Chapel	312		312
	Sacristy	15		15
	Toilets	15		15
	Store/ flower arranging	3		3
	Day room	88	6	528
Accommodation	Bedrooms	145	6	870
	Toilets	18	6	108
	Baths	16	6	96
	Basins & waiting	21	6	126
	Nappy changing	5	6	30
	Sluice room	4	6	24
	Covered patio	30	6	180

Outdoor spaces	Dormitory gardens	355	3	1065
	Wetlands	334		334
	Therapy garden	227		227
	Vegetable & herb garden	9975		9975
	Labyrinth	456		456
	Shared field with school	6240		6240
	Playground	974		974
	Terraced courtyard	600		600
	Laundry yard	70		70
	Parking	1515		1515
	Service yards	997		997
Covered outdoor circulation	Covered walkway	864		864
	Ramp	113		113
	Stairs	10	2	20
Garage etc.	Lifts	9	2	18
	Garage	162		162
	Workshop / garden store	30		30
	stores	12	2	24
	Back-up generator room	19		19
	Refuse storage	17		17
	Collection for recycling	9		9
	Guardhouse	9		9
	Area (including first floor & outdoor spaces)			

7.2 Appendix B - SBAT (Sustainable building assessment tool)

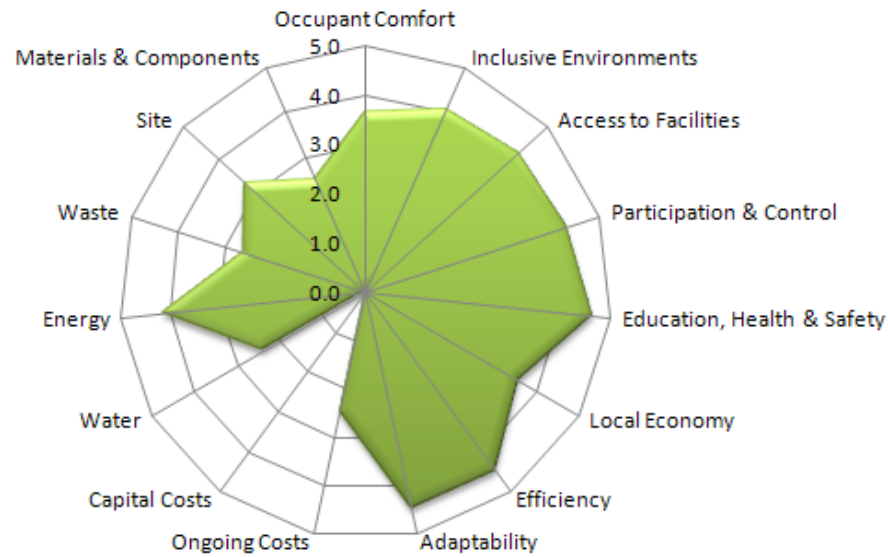
SUSTAINABLE BUILDING ASSESSMENT TOOL (SBAT- P) V1

PROJECT

Project title: **Little Eden**
 Location: **Prinshof**
 Building type (specify): **Residential/Community**
 Internal area (m2): **3847m²**
 Number of users: **200**
 Building life cycle stage (specify): **Design**

ASSESSMENT

Date: **15-Oct-07**
 Undertaken by: **Danielle Jensen**
 Company / organisation: **Univeristy of Pretoria**
 Telephone: _____ Fax: _____
 Email: _____



Social 4.2

Economic 3.0

Environmental 3.0

Overall 3.4

Building Performance - Social				
	Criteria	Indicative performance measure	Measured	Points
SO 1	Occupant Comfort			3.6
SO 1.1	Daylighting	% of occupied spaces that are within distance 2H from window, where H is the height of the window or where there is good daylight from skylights	90	0.9
SO 1.2	Ventilation	% of occupied spaces have equivalent of opening window area equivalent to 10% of floor area or adequate mechanical system, with unpolluted air source	90	0.9
SO 1.3	Noise	% of occupied spaces where external/internal/reverberation noise does not impinge on normal conversation (50dbA)	94	0.9
SO 1.5	Thermal comfort	Temperature of occupied space does not exceed 28 or go below 19°C for less than 5 days per year (100%)	0	0.0
SO 1.5	Views	% of occupied space that is 6m from an external window (not a skylight) with a view	90	0.9
SO 2	Inclusive Environments			4.1
SO 2.1	Public Transport	% of building (s) within 400m of disabled accessible (20%) and affordable (80%) public transport	80	0.8
SO 2.2	Information	Comprehensive signage provided (50%), Signage high contrast, clear print signage in appropriate locations and language(s) / use of understandable symbols / manned reception at all entrances (50%)	50	0.5
SO 2.3	Space	% of occupied spaces that are accessible to ambulant disabled / wheelchair users	100	1.0
SO 2.4	Toilets	% of occupied space with fully accessible toilets within 50m along easily accessible route	100	1.0
SO 2.5	Fittings & Furniture	% of commonly used furniture and fittings (reception desk, kitchenette, auditorium) fully accessible	75	0.8
SO 3	Access to Facilities			4.2
SO 3.1	Children	All users can walk (100%) / use public transport (50%) to get to their childrens' schools and creches	80	0.8
SO 3.2	Banking	All users can walk (100%) / use public transport (50%) to get to banking facilities	80	0.8
SO 3.3	Retail	All users can walk (100%) / use public transport (50%) to get to food retail	80	0.8
SO 3.4	Communication	All users can walk (100%) / use public transport (50%) to get to communication facilities (post/telephone/internet)	80	0.8
SO 3.5	Exercise	All users can walk (100%) / use public transport (50%) to get to recreation/exercise facilities	100	1.0
SO 4	Participation & Control			4.3
SO 4.1	Environmental control	% of occupied space able to control their thermal environment (adjacent to openable windows/thermal controls)	90	0.9
SO 4.2	Lighting control	% of occupied space able to control their light (adjacent to controllable blinds etc/local lighting control)	90	0.9
SO 4.3	Social spaces	Social informal meeting spaces (parks / staff canteens / cafes) provided locally (within 400m) (100%)	100	1.0
SO 4.4	Sharing facilities	5% or more of facilities shared with other users / organisations on a weekly basis (100%)	100	1.0
SO 4.5	User group	Users actively involved in the design process (50%) / Active and representative management user group (50%)	50	0.5
SO 5	Education, Health & Safety			4.7
SO 5.1	Education	Two percent or more space/facilities available for education (seminar rooms / reading / libraries) per occupied space (75%). Construction training provided on site (25%)	75	0.8
SO 5.2	Safety	All well used routes in and around building well lit (25%), all routes in and around buildings visually supervised (25%), secure perimeter and access control (50%), No crime (100%)	100	1.0
SO 5.3	Awareness	% of users who can access information on health & safety issues (ie HIV/AIDS), training and employment opportunities easily (posters/personnel/intranet site)	100	1.0
SO 5.4	Materials	All materials/components used have no negative effects on indoor air quality (100%)	90	0.9
SO 5.5	Accidents	Process in place for recording all occupational accidents and diseases and addressing these	100	1.0

Building Performance - Economic				
	Criteria	Indicative performance measure	Measured	Points
EC 1	Local economy			3.6
EC 1.1	Local contractors	% value of the building constructed by local (within 50km) small (employees<20) contractors	0	0.0
EC 1.2	Local materials	% of materials (sand, bricks, blocks, roofing material) sourced from within 50km	90	0.9
EC 1.3	Local components	% of components (windows, doors etc) made locally (in the country)	90	0.9
EC 1.4	Local furniture/fittings	% of furniture and fittings made locally (in the country)	90	0.9
EC 1.5	Maintenance	% of maintenance and repairs by value that can, and are undertaken, by local contractors (within 50km)	90	0.9
EC 2	Efficiency			4.5
EC 2.1	Capacity	% capacity of building used on a daily basis (actual number of users / number of users at full capacity*100)	80	0.8
EC 2.2	Occupancy	% of time building is occupied and used (actual average number of hours used / all potential hours building could be used (24) *100)	100	1.0
EC 2.3	Space per occupant	Space provision per user not more than 10% above national average for building type (100%)	90	0.9
EC 2.4	Communication	Site/building has access to internet and telephone (100%), telephone only (50%)	100	1.0
EC 2.5	Material & Components	Building design coordinated with material / component sizes in order to minimise wastage. Walls (50%), Roof and floors (50%)	80	0.8
EC 3	Adaptability			3.7
EC 3.1	Vertical heights	% of spaces that have a floor to ceiling height of 3000mm or more	95	1.0
EC 3.2	External space	Design facilitates flexible external space use (100%)	80	0.8
EC 3.3	Internal partition	Non loadbearing internal partitions that can be easily adapted (loose partitioning (100%), studwall (50%), masonry (25%)	30	0.3
EC 3.4	Modular planning	Building with modular structure, envelope (fenestration) & services allowing easily internal adaptation (100%)	80	0.8
EC 3.5	Furniture	Modular, limited variety furniture - can be easily configured for different uses (100%)	80	0.8
EC 4	Ongoing costs			2.5
EC 4.1	Induction	All new users receive induction training on building systems (50%), Detailed building user manual (50%)	10	0.1
EC4.2	Consumption & waste	% of users exposed on a monthly basis to building performance figures (water (25%), electricity (25%), waste (25%), accidents (25%)	5	0.1
EC 4.2	Metering	Easily monitored localised metering system for water (50%) and energy (50%)	100	1.0
EC4.3	Maintenance & Cleaning	% of building that can be cleaned and maintained easily and safely using simple equipment and local non-hazardous materials	34	0.3
SO 4.5	Procurement	% of value of all materials/equipment used in the building on a daily basis supplied by local (within the country) manufacturers	100	1.0
EC 5	Capital Costs			0.0
EC 5.1	Local need	Five percent capital cost allocated to address urgent local issues (employment, training etc) during construction process (100%)	unknown	
EC5.2	Procurement	Tender / construction packaged to ensure involvement of small local contractors/manufacturers (100%)	unknown	
EC 5.3	Building costs	Capital cost not more than fifteen % above national average building costs for the building type (100%)	unknown	
EC5.4	Technology	3% or more of capital costs allocated to new sustainable/indigenous technology (100%)	unknown	
EC 5.5	Existing Buildings	Existing buildings reused (100%)	0	



Building Performance - Environmental				
	Criteria	Indicative performance measure	Measured	Points
EN 1	Water			2.4
EN 1.1	Rainwater	% of water consumed sourced from rainwater harvested on site	0	0.0
EN 1.2	Water use	% of equipment (taps, washing machines, urinals showerheads) that are water efficient	100	1.0
EN 1.3	Runoff	% of carparking, paths, roads and roofs that have absorbant/semi absorbant/permeable surfaces (grassed/thatched/looselaid paving/ absorbant materials)	50	0.5
EN 1.4	Greywater	% of water from washing/relatively clean processes recycled and reused	0	0.0
EN 1.5	Planting	% of planting (other than food gardens) on site with low / appropriate water requirements	90	0.9
EN 2	Energy			4.2
EN 2.1	Location	% of users who walk / cycle / use public transport to commute to the building	75	0.8
EN 2.2	Ventilation	% of building ventilation requirements met through natural / passive ventilation	100	1.0
EN 2.3	Heating & Cooling	% of occupied space which relies solely on passive environmental control (no or minimal energy consumption)	100	1.0
EN 2.4	Appliances & fittings	% of appliances / lighting fixtures that are classed as highly energy efficient (ie energy star rating)	90	0.9
EN 2.5	Renewable energy	% of building energy requirements met from renewable sources	50	0.5
EN 3	Waste			2.6
EN 3.1	Toxic waste	% of toxic waste (batteries, ink cartridges, flourescent lamps) recycled	100	1.0
EN 3.2	Organic waste	% of organic waste recycled	80	0.8
EN 3.3	Inorganic waste	% of inorganic waste recycled.	80	0.8
EN 3.4	Sewerage	% of sewerage recycled on site	0	0.0
EN 3.5	Construction waste	% of damaged building materials / waste developed in construction recycled on site	0	0.0
EN 4	Site			3.3
EN 4.1	Brownfield site	% of proposed site already disturbed / brownfield (previously developed)	0	0.0
EN 4.2	Neighbouring buildings	No neighbouring buildings negatively affected (access to sunlight, daylight, ventilation) (100%)	100	1.0
EN 4.3	Vegetation	% of area of area covered in vegetation (include green roofs, internal planting) relative to whole site	80	0.8
EN 4.4	Food gardens	Food gardens on site (100%)	100	1.0
EN 4.5	Landscape inputs	% of landscape that does not require mechanical equipment (ie lawn cutting) and or artificial inputs such as weed killers and pesticides	50	0.5
EN 5	Materials & Components			2.5
EN 5.1	Embodied energy	Materials with high embodied energy (aluminium,plastics) make up less than 1% of weight of building (100%)	100	1.0
EN 5.2	Material sources	% of materials and components by volume from grown sources (animal/plant)	10	0.1
EN 5.3	Ozone depletion	No materials and components used requiring ozone depleting processes (100%)	80	0.8
EN 5.4	Recycled / reuse	% of materials and components (by weight) reused / from recycled sources	10	0.1
EN 5.5	Construction process	Volume / area of site disturbed during construction less than 2X volume/area of new building (100%)	50	0.5

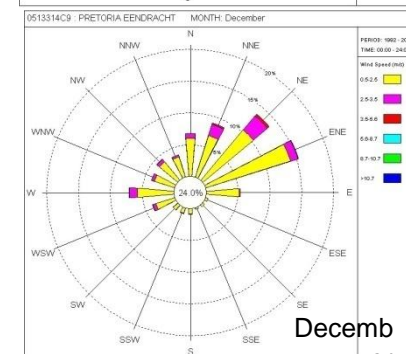
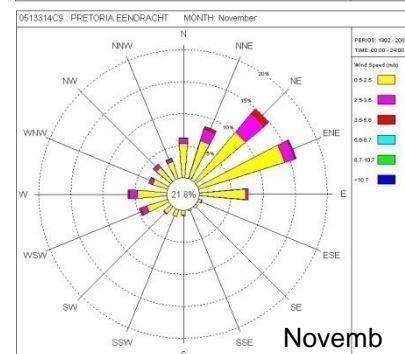
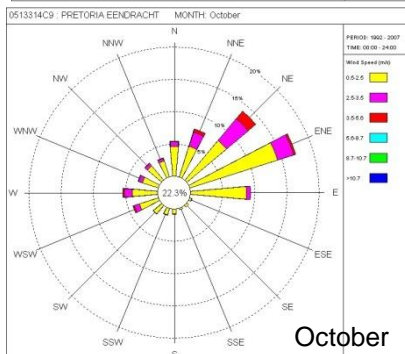
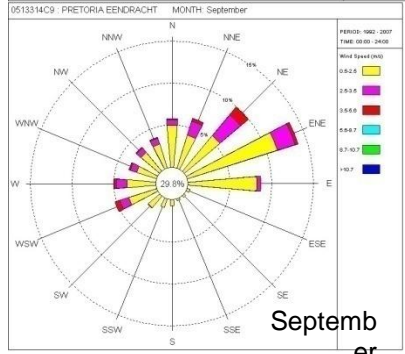
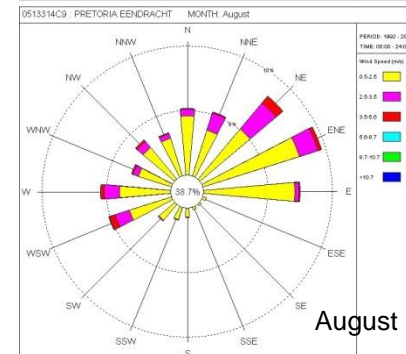
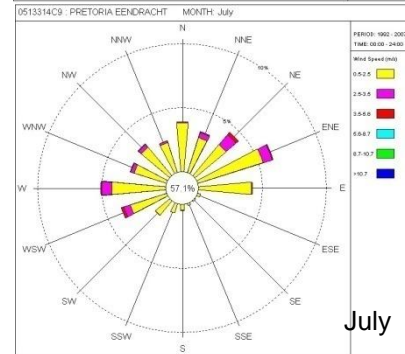
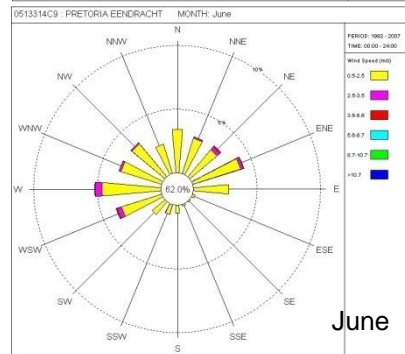
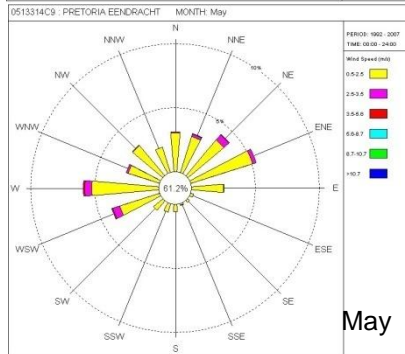
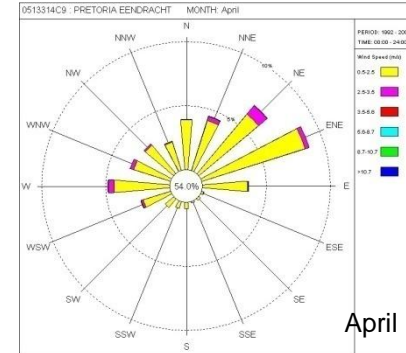
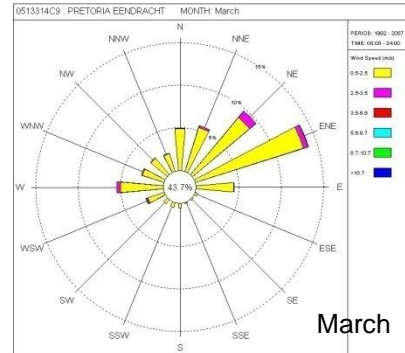
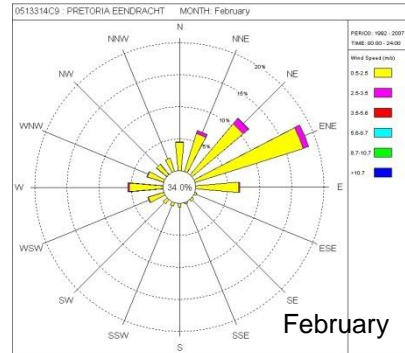
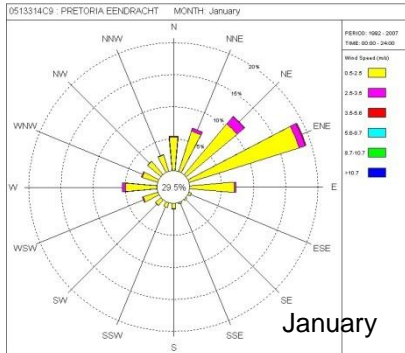
7.3 Appendix C – Norms and standards

Required accessibility as summarised from Holmes-Siedle (1996)

- Parking bays for wheelchair users should be at least 3 600mm wide by at least 4 800mm long.
- Pathways: well illuminated, even, firm, well drained and non-slip in wet and dry conditions. Sudden gradient change and gaps more than 10 mm should be avoided.
- Paths clearly marked.
- Width for two wheelchairs to pass each other is 1800mm, minimum width of path is 900 minimum, preferably 1350mm.
- Ramp gradient should be 1:12, non-slip, minimum unobstructed width of 1m, but preferably 1,8m to allow passing; top and bottom landings of 1,2m minimum with intermediate landings of at least 1,5m for every 10m travelled; continuous handrail 900mm above ramp surface if ramp is longer than 2m. Cross-slope, for drainage, should not be more than 1:50.
- Channel gratings and manhole covers should be non-slip and flush with pavement. Openings not to exceed 13mm in one direction, elongated openings to be perpendicular to general direction of movement.
- Minimum light level, in external areas such as stairs and ramps, required by people with partial sight is 50-75 lux.
- Changes in level and steps need to be marked with contrasting colour.
- Handrails are essential to people with mobility difficulty and sight impairment.
- For wheelchair accessibility door clear opening width is a minimum 900mm where it is approached head on or from the side if the corridor is at least 1200mm, otherwise 1000mm wide if the corridor is 900mm.
- Toilet cubicle to have minimum dimensions of 2m x 1,5m for wheelchair accessibility.

7.4 Appendix D – Wind roses

Wind roses received from the South African Weather Services (McBride 2007)



7.5 Appendix E – Group research

Group research work done as part of the MArch(Prof) course

HERITAGE



HERITAGE - Existing



GROUP 4: HERITAGE CONTEXT								
Description								
Building No	Building Type	(Architectural & Technical Description) Typology	Materials	Historical Value	Condition	Orientation	Function	Occupancy
De Waal street: is a short street between Boom & Mosca street. To the western side are high walls enclosing zoo buildings; small houses run along the eastern side, all set back the same distance from the street. Most houses are kept in the same original scale.								
1	house	single storey house with pointed corr iron roof & veranda supported by square timber poles. Concave fluted end gable faces the street. Walls are plastered & painted above a dado of red face brick.	timber, plasterd walls, corr iron		medium	W	dwelling	yes
2	house	one of the bigger dwelling houses in the area, built symmetrically around a central arched entrance. A (later added) veranda runs along the street facade & side, supported by stone-built pillars. Roof ventilator faces the street. Two impressive, richly decorated timber windows on either side of the entrance on the veranda front.	timber, stone, plastered walls		medium	W	offices	yes
3	house	Symmetrical dwelling house covered by corr iron roof with central roof ventilator & ridge finials. The veranda rests on pre-built columns, resting on stone layer, forming part of the ballustrade wall.	stone, concrete, corr iron		good	W	dwelling	yes
Mosca street: today forms the back side of the U-shaped street with three names running through Riverdale. The zoo fence forms the northern boundary, on the southern side are two houses which have been changed quite severely.								
4 & 5	house	The two houses are linked by a later added addition. The one house is much more recent than the other one. Overall, the houses have been altered a lot over time.	plastered walls, corr iron, timber		good	W & N	hospice/ hospital	yes
Margaretha street: similar to De Waal street in terms of scale and appearance.								
6	house	House has undergone many alterations, but is important as a typical dwelling house.	plstrd walls, corr iron, conor		good	E	dwelling	yes
7	house	House has undergone many alterations, but is important as a typical dwelling house.	pntd stone, corr iron, pl walls		medium	E	dwelling	yes
8	house	Small house, without any well-preserved architectural characteristics. Typical street & scale relationship.	face brick, corr iron, plstrd walls		good	E	dwelling	yes
9	house	Symmetrical, semi-detached house under one uninterrupted corr iron roof. On either end forms a veranda, covered by the same roof. Walls are plastered & painted.	conor, corr iron, plstrd walls		good	E	dwelling	yes
10	house	Small house, without any well-preserved architectural characteristics. Typical street & scale relationship.	face brick, corr iron, plstrd walls		good	E	dwelling	yes
11	house	scale of the house and appearance resemble House No.38 in De Waal str.	corr iron, plstrd walls, timber		good	W	dwelling	yes
12	house	Small house, without any well-preserved architectural characteristics. Typical street & scale relationship.	pres oeil, corr i, plasterd walls		medium	W	dwelling	yes
13	house	House with gable facing the street, steep veranda on two sides. Corr iron roof. Veranda rests on pillars that form part of the ballustrade wall. Timber sash windows.	corr iron, plstrd walls, timber, concrete		medium	W	dwelling	yes
14	house	Big dwelling house with small corner-gable facing the street. The multi-faceted corr iron roof faces the the veranda, which runs along two sides of the house. Double timber & glass swing doors appear on the veranda.	concrete, corr iron, plstrd walls, timber		medium /low	W S-W	women clinic, surgery	yes



















<p><u>Riverdale Street</u> is a small residential area surrounded by the zoo, Mosca street, the old street wall next to Prinsloof, Lewis and Boom street. Because heavy traffic does not pass through the area, the atmosphere is much quieter & it feels like having entered a different world. Riverdale was developed independent of the city pattern and thus the streets are smaller and do not line up with the surrounding pattern. Houses are generally small and unpretentious. The placidness of the street is striking.</p>								
<p><u>Boom street</u>: the northern side of Boom street is characterized by open spaces leading through the unchannelled Apies river and up and over Daspoort Hill. As the street name indicates it, the street is lined on both sides with big Plantane trees. These tree rows originate at Von Willich str, through Marabastad and ends at the Du Toit, Bloed & Prinsloo crossing. The southern street scape is more commercial, while the northern side is quieter, embracing the zoo, Apies river, parking etc</p>								
15 & 16	house	Two bigger houses, which have been altered substantially and to which ugly additions have been added. Important as remaining witness of scale & age of dwelling houses in Boom str., in comparison to those in Riverdale str.	face brick, corr iron, plstrd walls		medium	S	optometrist, dentist	yes
<p><u>Lewis street</u>: starts at Boom street and runs to the north. The residential scale is kept along Boom street, but as from Riverdale street bigger buildings and open fields appear next to the road.</p>								
17	house	Small dwelling house, covered by a pointed corr iron roof. Big, tri-angular roof ventilators sit on every side of the roof. A veranda, facing the street rests on columns. This house, in spirit & scale, is one of the most important buildings in the area.	corr iron, timber, face brick, plstrd walls		good	E	dwelling	yes
18	3-storey flats	Three-storey building with court yard. Exterior walls consist of two colours face brick; corr iron roof. Sombre Art Deco & International influence, seen at the heavy roof line which reminds of Frank Lloyd Wright's Prairie House. Typologically important as human-friendly & multi-storeyed dwelling unit in the city.	face brick, conor, steel		good	N	Flats: Flora Court	yes
<p><u>Andries street</u>: is a typical one-way street in Pretoria, but has a very important origin: the T-junction at Boom street, where the old Museum sits next to the zoo. A pity that the importance of the building gets lost. Spaces are determined by the changing context, such that the pedestrian roads change from wide to narrow, tree-lined to open, residential to commercial. Jacarandas line the street up to Vermeulento soften the street scape.</p>								
19	house	Simple single storey house with front & back verandas. Front veranda with plastered walls and low wall with etched edge strip. Plastered walls with stone plinth, timber windows and -floor.	conor, pressed ceiling, plstrd walls, corr iron		medium /low	N & W	dwelling	yes
20	house	Symmetrical semi-detached house with corr iron roof. Plastered & painted walls on painted face brick plinth. Timber windows, purple steel ceiling. The total house consists of a T-shape. A veranda runs along three sides of the house, supported by pre-built columns.	face brick, concrete, plstrd walls, corr iron		good	N & W	dwelling	yes
21	house	Typical Edwardian village house with some exceptions in character. Gable wall & 'erker' face the street. Corrugated iron roof; face brick and painted, plastered walls with ledge all on painted stone plinth. Timber windows & louvres. Kirkness brick edging in garden.	face brick, plstrd walls, corr iron, timber		good	W	dwelling	yes



















22	house	Single storey dwelling house with corr iron roof. Gable wall with 'erker' windows facing the street. Veranda with pre-fab columns on square bases and lean-to roof. The veranda stretches from the entrance along the house front & around the corner. The exterior walls consists of plastered strips and face brick (now all painted) on painted stone plinth. Timber windows with arched stone work as lintels. late Victorian/ Edwardian house with numerous original details. Outdoor building with loft window and double-pitched roof.	plstrd walls, corr iron, timber		medium	E	Centre for SA radio league	yes
23	7-storey flats	7-storey flat building. This building places an unsympathetic focus on the way the streets join.	face brick, plstrd walls		good	N	Flats	yes
24	courtyard bldg	Built ca. 1899. The old museum front is on the property of the zoo. The entrance gate under a semi-round 'timpaan' of sand stone is in the centre of the symmetrical façade between two richly decorated pavilions stretching high above the lower corr iron roofs of the museum buildings. Sand stone cut work appears on the pavilions, at the top corinthian capitals & pillars. Prominent triangular roof ventilators appear at measured distances on the museum roof. A very important city land mark!	concrete, corr iron		low	S	Museum	no
25	2-storey dwelling	one of the first residential houses next to the zoo. House has interesting cottage-type characteristics, but lacks serious maintenance. Seems fairly unchanged over the years, although a bit ad-hoc. The white painted plastered walls are partly covered by a climbing plant.	painted face brick walls, tile roof, timber		medium/ low	W	storage	no

Bloed street: the corner café at the Boom/Bloed/Prinsloo street crossing is an important architectural appearance and although this example is not very dramatic, it remains important as a typological example of smaller business buildings of the bazaar era. Characteristics such as the covered verandas and corner entrances are generally kept in reasonable condition. Bloed street is characterized by its big Jacaranda trees along side the street sides and low buildings adjacent to the street. Side walks are generally dirty and not well looked after, although lively. Two unbuilt stands on the northern side of the street result in a big gap in the city fabric. Splashes of colour and advertisements on the southern side, confuse to lead the eye to small single- and double storey buildings.

GROUP 4: HERITAGE CONTEXT
Description

Bldg No	A ddr.	Photos	Bldg No	A ddr.	Photos
1	De Waal str 34. Erf no: 2025		6	Margaretha str 45. Erf no: 2010	
					
2	De Waal str 36. Erf no: 2021		7	Margaretha str 39. Erf no: 2020	
					
3	De Waal str 40. Erf no: 2013		8	Margaretha str 31. Erf no: 2020	
					
4 & 5	Mosca str 50 & 281. Erf no: 2001 & 3027		9	Margaretha str 27. Erf no: 2003	
					

10	Margaretha str 25. Erf no: 2038			14	Margaretha str 2. Erf no: 2065		
11	Margaretha str 28. Erf no: 2035			15 & 16	Boom str 306 & 310. Erf no: 2242 & 2241.		
12	Margaretha str 16. Erf no: 1/2051			17	Lewis str 8. Erf no: 3183		
13	Margaretha str 12. Erf no: 2055			18	Boom str 257. Erf no: 3057		

19	Andries str 2. Erf no: 3135.			23	Boom str 245. Erf no: 2863		
20	Andries str 4 & 8. Erf no: 3135.			24	Boom str (next to zoo) Erf no: R/17		
21	Andries str 12. Erf no: 3135			25	Boom str 277. Erf no: 3389		
22	Andries str 11. Erf no: 847/1				Margaretha street scape & Bloed street Corner Cafe		

7.6 Appendix F – Snoezelen room

Information replicated as it appears online (International Snoezelen Association 2007)

Definition:

"Snoezelen is derived from the words "snuffeln" (to sniff, to snuffle) and "doezelen" (to doze, to snooze). It was developed in the Netherlands in the seventies by institutions caring for severely disabled people. Behind Snoezelen is a multi functional concept: In a purposely designed room (mostly a white room) the use of light and sound elements, scents and music initiate sensual sensations. These have both relaxing and activating effects on the different perception areas. The specific design directs and arranges the stimuli; it creates interest, brings back memories and guides relationships. Snoezelen induces wellbeing, in a calm atmosphere fear will be taken away, people feel secure. Snoezelen is therapy as well as promotion and is used for all stages of development (from toddlers to old people).



Since the eighties the experiences made in 25 years in more than 10 nations are being collected and assessed.

At present (as of 2005) there are more than 1200 Snoezelen-rooms in Germany. They can be found mainly in institutions for mentally disabled people and senior citizens, but also in hospices and clinics (particularly in psychiatry, oncology neurology, podiatry), in nursery schools and schools."



Children with a handicap in a room designed for snoezelen.
Photo credit: Het Balanske, Tielt-Winge, Belgium. (Wikipedia 2007g)

7.7 Appendix G - types of handicap

Nellist (1970: 6 – 7) describes the different types of handicaps as follows:

Downs syndrome - They make up a large proportion of the intellectually disabled. They are recognisable by distinct physical characteristics including thick necks, chesty, slightly swollen in appearance. They find speech difficult especially pronunciation of words. They vary in intelligence and ability and are often aware of their surroundings and willing to cooperate.

Autistics – They are not as common as persons with Downs Syndrome and often look perfectly normal physically. They are withdrawn and appear to live in a world of their own. They often show no interest in group play and frequently do not talk at all. They can be repetitive and obsessive in small actions. They are often quite intelligent, with a large number having a normal IQ, but the profoundly intellectually disabled often also suffer from autism to some degree.

Hyperactive children – As with autism, this often occurs to children with a normal IQ, but the profoundly intellectually disabled are frequently also considered hyperactive. These children are also prone to obsessive, repetitive behaviour, often of a noisy or violent kind, even though the violence is often unintentional. These children can be emotionally disturbed and very tense.

Cerebral palsy – As with autistics and hyperactive children, these children are not always intellectually disabled. In this disability there is a lack of physical muscular co-ordination. Their movements are jerky and uncontrolled, leading to frustration and emotional problems which can restrict their ability to develop mentally.

Schizophrenia – As with the above-mentioned problems, not all schizophrenics are intellectually disabled and not all intellectually disabled are schizophrenic. This is often called “split personality” and has been over dramatised in the media. Schizophrenia leads to confusion as to what is real and what is not real and is accompanied by unreasoning fears which the average person finds difficult to understand.

Other physical disabilities – The intellectually disabled often also suffer from physical disability including physical deformity, blindness, partial sight, deafness, inability to walk or walk badly, some can pull themselves along the ground or crawl only.

7.8 Appendix H - Little Eden Information

Information replicated as it appears in the leaflet supplied by Little Eden Society for the Care of Persons with Mental Handicap

Contact details for Little Eden:

PO Box 121
Edenvale
South Africa

Tel. (011) 609-7246

Fax (011) 452-4560

Email: info@littleeden.org.za

Website: www.littleeden.org.za

NPO: 001-827

Little Eden Society in a nutshell:

Who are we?

- Our mission is to care for and develop people with profound intellectual disabilities, to their full potential
- We believe that persons with intellectual disabilities are whole, complete people, created by God with a mind, body, spirit and a soul... regardless of their multiple disabilities
- We aim to recognise in them their abilities and to work with them at their level of functioning

Quick facts on LITTLE EDEN

- We are a registered non-profit organisation
- We are licensed by the Department of Health
- We have been granted Section 18 A status
- We care for 290 children and adults with profound intellectual disabilities
- We consist of two Homes: one in Edenvale accommodating 180 residents, and the other on a farm in Bapsfontein (Elvira Rota Village), accommodating 110

- Statistically the average age of our residents is 20 years
- The average mental age is that of a one-year old
- Many of our residents also suffer from mental illness, disturbed challenged behaviour and multiple physical disabilities
- Several residents are HIV positive or have AIDS and some were previously abused or neglected
- 219 residents were abandoned or came from indigent families. These families are thus unable to contribute financially to the care of their child

Facilities, services and activities

- The level of care of the residents is intensive, such as would be experienced in a hospital or frail care facility
- The Edenvale Home caters more at the level of frail care as well as having a full therapy programme
- At Elvira Rota Village, Bapsfontein, there is a greater emphasis on participation in activities of daily living with, to a limited degree, a certain level of independence, e.g. Bobby enjoys walking down to the farm to work with the animals every day
- 220 members of staff are employed, working in shifts to ensure that there is 24-hour daily care

How can you help?

Currently it costs LITTLE EDEN R3500 per month per child to continue giving the necessary nursing care, love and support. This amounts to approximately R12million per year.

LITTLE EDEN receives approximately 50% funding from Government. The shortfall of over R7million must be raised every year to keep the doors of the Society open. To meet this shortfall, LITTLE EDEN raises funds through specific appeals to corporates, fund-raising events, its two second-hand shops, etc. Therefore, donations are always welcome, be it monetary or in kind!

The ongoing care program includes:

Nursing:

A nursing sister is on duty 24 hrs a day
210 residents are on medication daily

Daily chest therapy is critical to the majority of residents
Emergency interventions are often required

A set, daily routine:

Making residents feel secure and have a sense of belonging

Individual personal care:

Sleeping cots and wheelchairs, feeding (5x meals per day), clothing and nappy changes, personal hygiene support (bathing and teeth brushing). In our industrial kitchens 290 meals are prepared five times a day and the industrial laundries ensure that 2500 nappies are washed daily, apart from linen and clothing for all the residents.

Daily therapies:

Such as occupational-, hydro-, physio-, music-, art-, and pet therapy, metamorphosis and reflexology

Individual care and stimulation:

Paulos learnt how to lift first his left and then his right hand. With months of dedication Sonto learnt how to eat and enjoy solid food. Jacuzzi helps Suanrie's spastic muscles to relax and a combination of therapies keeps Ahmed's severe asthma at bay. The children are also exposed to relationship and social skills development

Family and love:

To the 290 residents, LITTLE EDEN is their family and source of love, critical to their reaching their full potential.

Spiritual development and support:

Residents from Elvira Rota Village are brought to the Chapel at the Edenvale Home every month for First Friday Mass, with Matthew and Daniela serving the Mass. A routine of daily prayers is followed.

Participation in concerts and creative activities:

The children participate in creative activities and have produced artwork on display in the Homes. Beautiful concerts are put together with the hard work and dedication of staff and this gives the children a sense of belonging and achievement, especially when the audience applauds.



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