



Vaal Triangle & LifeLine Shelter

eChatterbox

Message from the Director—Colleen Rogers

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Covid-19—Who would imagine that we would all be in this situation? There are two ways of looking at it—nothing else we can do! Good and bad!

The situation has allowed us to take time to do all sorts of things around the home. I have not done so much baking in years! Even baked dog biscuits!! It has allowed DIY skills to come in handy. I see palisades being painted and erected, I see trees being trimmed, gardens being re-done and all sorts of work being done in the gardens and in the homes. There are people painting and repairing various areas, both inside and outside their homes.

People have been cleaning out their wardrobes—evidence is that LifeLine has benefitted from receiving clothes and other items for the Shelter! It's time we have not allowed ourselves in the past and now the time has been forced upon us! In other words we have been "winter-cleaning" not spring cleaning and this has been the ideal opportunity.

I also hope that people have been using this time to spend time with their families, time to get re-connected with children, spouses, parents, siblings and grandparents!! This time can be so precious! We only realize this when we cannot just pop in and visit! It has also been a time when we realize how much we take for granted! I'm sure our pets think it is Christmas and hopefully they, too, have received lots of love and attention.

We won't talk about the bad side—we are all too aware of that! Except to say that the economy has also taken a severe knock and many people have lost jobs and businesses have permanently closed. It could not have come at a worse time! This is a time when we need to be supportive and get together as families to support one another. There is no other recourse—we can only rely on family for support! This is also a time when our creative side has to be awakened and we need to find other ways of getting an income. We all have talents, some have been forgotten or suppressed due to the need not being there—now is the time to get started and perhaps join hands with other talented people to find ways to earn a living.

LifeLine wishes everyone a safe and warm time during this period and let's hope and pray that the future holds good things for us!

**"The journey into self-love and self-acceptance must begin with self-examination... until you take the journey of self-reflection, it is almost impossible to grow or learn in life."
– Iyanla Vanzant**



July 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 Pinky	8	9	10	11 Joyce
12	13	14	15	16 Lindiwe BM	17	18
19	20	21	22	23	24 Zama	25 Frank BM
26	27 Nthabiseng	28 Martha Mb	29	30 Linda A	31	

August 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Thandiwe
2	3	4	5	6	7	8 Minah
9	10	11	12	13	14	15
16	17	18 Julia	19	20	21	22
23	24	25 Madeleine	26	27	28 Sophie	29 Jennifer
30	31					

September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9 Mamukazi	10 Linda Mc	11	12
13	14	15	16	17	18	19 Willie
20 Lerato H	21	22 Sylvia	23	24 Edith	25	26
27	28	29 Esther Mot	30 Malefu			

Shelter News

The day before Lockdown the Shelter was empty and within a week it was full! This is not something to brag about but at least we were there to assist the abused women and their children.

The Housemothers had to keep the children busy as the crèche and schools were closed. We were fortunate to receive some toys as donations. There is a jungle gym in the back garden but other activities took place to bring in some fun. There was a birthday during this period and they had a dress-up and cake and all sang to the child. Seemed like a lot of fun was had by all!



Food for thought!!!

Food for Thought: The Confounded "Truth"!!!!

Philosopher Immanuel Kant 1724-1804 wrote on his theory of truth; "truth is in accordance of my cognition with its object which is strictly and analytically correct". Thus, we are all inherently truth-seekers in our thinking. And, we are also inherently and subjectively prone to justify our "criteria of the truth" as that which we consider to be our reality, or our ideals, or even projecting it as others expect, or on moral or ethical grounds. And sadly, we are all plagued by bias and prejudice, a confounded and life-long struggle because it bedevils and makes relationships so toxic. (Bend-a Knee) - George (July)

Lifeline's gratitude journal

Now that we are "locked in/down" we realise how much we actually take for granted. Together with Lockdown comes electricity cuts and water cuts. Another lesson for us to learn in what we take for granted. Not being able to see our loved ones, friends and family has been very difficult and yet is another thing we take for granted. We need to thank this pandemic for lessons learned and for opening our eyes to the things we take for granted. The saying is "all things happen for good reasons" and probably this has never been more true—except for the hardships experienced by many. We need to take the time to reflect and thank God for what we have and ask Him to assist all of us in going forward with perhaps new visions and the ability to help others in need!

STAFF NEWS

Some news from and about staff members and volunteers

Shirley: Congratulations on your new grandson!

George: So pleased your eye issues have been sorted – great news!

Martha Mbokazi: Congratulations on your promotion to Social Worker!

Gerda: Thank you so much for manning the Crisis Line all through this Lockdown!

Keke, KG, Olivia and Joyce: Thank you for handling all the Sotho and Zulu counselling calls and F2F sessions!

Wilma: We wish you all the very best with your treatment and the pending operation. We hope all goes well and that you have a speedy recovery.

- "SPREAD LOVE EVERYWHERE YOU GO. ...
 - "WHEN YOU REACH THE END OF YOUR ROPE, TIE A KNOT IN IT AND HANG ON." - ...
 - "ALWAYS REMEMBER THAT YOU ARE ABSOLUTELY UNIQUE. ...
- "DON'T JUDGE EACH DAY BY THE HARVEST YOU REAP BUT BY THE SEEDS THAT YOU PLANT." -

Lifeline gives a free service to all those in need. Should you wish to make a donation to Lifeline Vaal Triangle, our banking details are given below. Your donation will make a difference in someone's life. Visit our website at lifelinevaal.co.za to view our wish list.

Bankers: Nedbank
Vanderbijlpark, South Africa
Account no: 1748320750

Auditors: TFC Professional Consultants
2 Brahms Street, SW5
VANDERBIJLPARK

Staff Activities!!!

Talk about work!! Look at all the papers Linda needs to do the data capturing!!!



The Counsellors at Tirisano



Wellness Centre in Palm Springs



Gerda taking a call during her shift at Duncanville!

Some fun photos of various staff members—some working and others playing!!

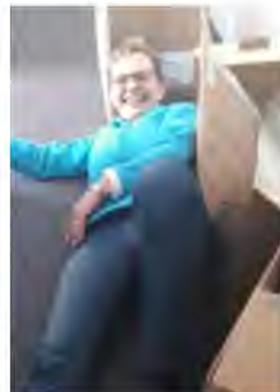


No time to go to the Barber especially when it can be done at work!!! Sylvia cutting George's hair!



Keke and Colleen jump starting the motor vehicle—in the bushes!! No mechanics needed!

It's hard work packing bags for TCC - time to take it easy!



Oooh! These vetkoek are lekker!!!!



Training

NEWSFLASH!!!!!!

LifeLine Personal Growth and Basic Counselling Skills Course

We will try to continue with the courses depending on the participants of the current course and that all precautions are adhered to.

Smaller groups for the Personal Growth courses can continue with precautions in place

Contact LifeLine on 016 428 1740 for further information and bookings

FOR INFORMATION VISIT

Website:

<http://www.lifelinevaal.co.za/>

Facebook:

<https://www.facebook.com/LifelineVaal>

CENTRE'S NEWS



The Service Centres are also closed at this point so decided to throw in some older photos from the Centres



Our Social Auxiliary Workers/First responders at the Kopanong Thuthuzela! Minah, Anna, Thandi, Esther and Popi!

Joyce and her team at Khensani Wellness Centre in Sharpeville



KG and his team at Mamello Wellness Centre, Zone 13, in Sebokeng



Keke And Olivia at Tirisano Wellness Centre in Palm Springs Mall

More News

More News form the Shelter!

During this lockdown the residents also spent time doing exercises in the garden



and making hats and beanies to sell for pocket money!



"Everything that irritates us about others can lead us to an understanding of ourselves." – [Carl Jung](#)

Staff Training

Unfortunately there was no staff training due to Covid-19 but LifeLine Vaal offered their services to 3 other NGOs who had just been provided with funds to provide psycho-social services at three new Thuthuzela Care Centres (for victims of sexual assault) in North West Province and Krugersdorp. LifeLine Vaal has been providing these services at the Kopanong Thuthuzela Care Centre in Vereeniging since 2009, so we were able to offer the training. We all obeyed the social distancing, temperature taking and sanitizing while we did the training.



LifeLine

Vaal Triangle

Office: Monument road, Duncanville
 Avondrus/Eventide Old Age Home
 P.O Box 20
 Arcon Park 1937
 Tel no: 016 428 1740
 National Crisis no. 0861 322 322

Crisis line: 016 428 1640



Building Community Heart



**Do today's duty,
 fight today's temptation; do not weaken
 and distract yourself by looking
 forward to things you cannot see, and
 could not understand if you saw them
 Do today what should be done.
 Your tomorrow may never
 come. Today is the pupil of yesterday.**

COVID-19????

Time for introspection! That is what this Lockdown has brought to us – maybe this was meant to be! They say “all things happen for good reasons” and perhaps this was the time! Life will never be the same again – and it should not! We have had plenty of time on our hands – alone time – to make good use of it. We are always saying we don't have time – but this is something you cannot say now, unless you have not been doing your bit for Covid-19!!!

This time we have had, I think, has brought out many hidden talents! How many people have been baking, cooking, sewing, gardening, decorating, doing home-schooling, DIY and plenty more!!! Things, I am sure, you did not know you could do – just shows what necessity or boredom can do for you!

What habits have you given up? Smoking, drinking, watching TV at every spare moment, couch potato-ing, putting off for tomorrow what you could have done today? Lessons should and could have been learned during this time.

What we did see was an increase in GBV (Gender Based Violence)!!! Our Shelter was empty on the day the lockdown was announced and within a week it was filled to the brim!!!! A very sad state of affairs! Why is this? Can couples no longer bear to be in each other's company? What has gone? Where is the “love” that brought you together? What has changed – life? Situations? Boredom? Mundane existence? Too many possessions – not enough reason to plan for the future – everything has come too easy? Big houses (not homes?) – no gardens, no pets, too many vehicles and “toys”. Too much stuff – nothing between the ears! Nothing in common? Not even kids – someone else's responsibility? Step fathers, stepmothers – no fathers (absent!!!!) No commitments, no permanency, no responsibility, no respect, no communication! NO ROLE MODELS!

Who uses a dining room table??? Do you even have one? Do you sit together as a family – at least once a day for a meal? Do you know what your partner (Dare I say husband or wife??) does all day, how his/her day was, do you know what your children do all day, do you know who their friends are and what they do? What interests do the family members have, what are their goals and inspirations, what do the children want to do when they leave school? These are some of the things that will and can be talked about over a meal – instead of sitting slouched on the couch in front of the TV and glued to the box! TRY IT!!! At least one meal a day at the table – it will do wonders for the relationships!

Communication is key to the very heart of the family – everyone needs to be able to communicate freely! Have date nights/days with your partner, with your children – one at a time! Get to know them and how they “tick”!!! They can be a milkshake or a coffee date, a picnic – in the garden if necessary! Anything that will give you “me/our” time with the other party!

These are all things that EVERYONE should KNOW and if you don't know, FIND OUT!!!!!!!

LET THIS LOCKDOWN HAVE MEANING FOR YOU AND YOUR FAMILY – don't waste a moment! Make the changes – it is never too late.

AND LIFELINE CAN HELP! Contact the office to set up an appointment – get started and see the difference!

Phone: 016 428 1640 and the office line 016 428 1740 - 24/7

