



Vaal Triangle & LifeLine Shelter

Chatterbox

Message from the Director—Colleen Rogers

Inside this issue

Message from the Director	1
Calendar	2
Shelter news/Staff news	3
Food for thought	3
Lifeline's gratitude journal	3
Community services	4
Snippets from all over	4
Community Activities	5
Training News	5
Last word	6



At Last! We have finally been able to get back to our office. Although the office line and the crisis line was operational during the six months we were closed, we had many calls for Face2Face counselling. We were able to accommodate these by seeing clients at various venues.

All the Wellness Centres have also started operating on a full time basis. The Wellness Centres had so many calls for counselling that they opened for appointments and after lockdown 2 started opening on a Tuesday and Thursday, after completely sanitizing their offices.

The Thuthuzela and LifeLine Shelter remained fully operational during this period as they were classed as essential services and they were very busy. Thank you to all the staff!

During the last week of September the Duncanville office was fully sanitized and the office staff went in and cleaned everything—from top to toe! All the curtains were taken down and washed and we took the opportunity to “spring clean” all the offices!

It seems like we have made a new start and the feelings of new beginnings and fresh ideas are upmost in everyone’s thoughts! There seems to be a new energy and it was fantastic to see everyone again! The offices feel fresh and are clean—we just need to paint!! Even our feral cats are happy to see us! Although one of the residents at the Eventide Old Age Home, Stephanie, has been feeding them for us during our absence . Thank you so much Stephanie! Sadly one has not come back. The garden has also taken a huge knock—no water for six months!

But we will start again and make everything look and feel good again and pick up where we left off but with more enthusiasm and new ideas and be back to the new normal in no time!!

We will not go back to normal. Normal never was. Our pre-corona existence was not normal other than we normalized greed, inequity, exhaustion, depletion, extraction, disconnection, confusion, rage, hoarding, hate and lack. We should not long to return, my friends. We are being given the opportunity to stitch a new garment. One that fits all of humanity and nature.” – Sonya Renee Taylor



October 2020

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

November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Karabo	3	4	5	6	7
8	9 Colleen	10	11	12	13 Regina	14
15	16	17	18	19	20 Rhoda BM	21
22	23 Maria Mphore	24	25	26	27 Piet	28
29 Suzette	30					

December 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Hannes BM	5
6	7	8	9	10	11	12
13 Olivia	14	15	16	17	18	19
20 Anna Marietjie	21	22	23	24	25	26
27	28 Lerato M	29	30 Tebogo B			

Shelter News

The Shelter has been very busy during the lockdown period. The staff have been busy although they have been working on odd days and taking all the necessary precautions.

Housemothers have been trying to keep the residents busy and active by doing fun things. Children had to be kept busy as the schools were closed and the days were long! They could not go to schools or crèches. Regular dress-up parties took place and the children really enjoyed themselves, so did the adults and staff!!!



Residents were also busy making various items such as beanies, headbands, jewellery and bags for the victims at the Thuthuzela Care Centre.

The children dressed up for a birthday party for one of them!

STAFF NEWS

Some news from and about staff members and volunteers

Congratulations to **Regina, Malefu and Rossina!!** They have been given the opportunity to be employed as stipended volunteers!

Wilma: We really hope that you get the treatment and rest that you need to fully recover.

Sylvia and Keke: Wishing you both all the best for your upcoming exams – it's been a long and difficult journey!

Thapelo: Your stay with us has been a very "deurmekaar" time, due to the lockdown and it's nearly over! Hope you have gained some knowledge!

Gerda: Thank you for your huge sacrifice in taking the crises line for the whole lockdown period! You are a star!

Food for thought!!!

What Covid-19 has brought, and so unexpectedly, is a complete change of the "normal". Life is not going to be the same—not as we used to know it, anyway!

Is that good or bad? This will depend on what you have taken from the situation! Families have had time to spend many hours in each other's company and this has either brought them closer or has caused some tension. Why? You will need to explore this and find out what the reason would be. Can you make the necessary changes or do you want to?

Mostly, I think this time has made us value what we previously took for granted and appreciate what we have. Use this experience to make the necessary changes—and enjoy!

"Times of transition are strenuous, but I love them. They are an opportunity to purge, rethink priorities, and be intentional about new habits. We can make our new normal any way we want." – Kristin Armstrong

Lifeline's gratitude journal

It has been amazing how people have assisted LifeLine during this lockdown period! We have had unexpected donations from so many people. We received masks for every volunteer and staff member from Mittal. Sorbet provided some of their products to the residents at the Shelter. The National Shelter Movement provided various items related to the lockdown—sanitizer, gloves and the spray-machine to sanitize the Shelter, amongst other items. The Department of Social development provided sanitizer and gloves. Freedom Paper provided sanitizer and toilet paper. Sedibeng Fuels provided masks. R&J Chickens provided us with chickens which we handed out to those less fortunate.

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!!!

Unexpected visit to the Shelter

During the lockdown, the LifeLine Shelter was surprised with a visit from the MEC for Social Development (Nomathemba Mkhethi), the MMC from Health and Social Development (M D Raikane), various members from Emfuleni Social Development and PCO Admin and of course the VIP protection! There were nine visitors! They seemed to



enjoy the visit and looking at all the activities taking place. The Skills room was a surprise for the visitors. A couple of the visitors did a quick Sandtray session and they were amazed at the amount of information that the Social Worker "saw" in the sandtray. I think they were surprised and impressed—maybe shocked!



Training

NEWSFLASH!!!!!!

LifeLine Personal Growth and Basic Counselling Skills Course

Are you interested in becoming a Volunteer Lay Counsellor with LifeLine?

Have you got the passion for helping your fellow beings?

Are you available during the day on weekdays?

If the answer is yes—contact us for an interview

Contact George on 016 428 1740 for further information and book your interview

Some activities had to continue during our lockdown. There were a number of trauma debriefing sessions where either educators or learners had passed away due to Covid. Our Lay Counsellors availed themselves to do the sessions as and when they were called. Here is one class of learners receiving debriefing.



Some people continued to provide care packs, clothes and many other items during this time. Below we see Zama, Social Worker from the Shelter, collecting some gift packs from



We had a wonderful surprise when Sabie – the bare-foot runner approached LifeLine to do a fundraising run – every day for the whole month of September! Sabie put this on her Facebook page and invited people to sponsor her!! Which they did! Thank you sooo much for all the donations received!!



FOR INFORMATION VISIT

Website:

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

Facebook:

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

NEWS



During August LifeLine was approached by Sabie—the Barefoot runner!. Sabie was looking to get involved with a reputable NGO, which provides services to victims of GBV (Gender based violence). Sabie is very passionate about helping victims of GBV and thought LifeLine would be the ideal place to do this. Sabie is well known for her “Run4Her” initiative and she has been running barefoot for a long time, wearing a purple tutu, to get the attention of her supporters and highlight the plight of the victims of GBV.



Sabie also volunteered her services to LifeLine, as a Board Member, and was accepted as such on 12th September, at our bi-monthly meeting.

From the 1st September, Sabie decided she would run 5 km every day and look for sponsors to donate R1 or more per kilometre, for her effort. This money would come to LifeLine! An amazing gesture and many of Sabie's friends and followers did exactly that and provided LifeLine with much needed funds! Every day during September various amounts were deposited into our bank account, which Sabie and LifeLine had advertised on the websites. Sabie assures LifeLine that is just the beginning

and she will be doing more running in the future. Watch the websites and see what is coming! We would like to thank all of you who supported Sabie and LifeLine with your wonderful donations!!

More News



You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine.

John C. Maxwell



The need for counselling was high during the Covid lockdown and, rather than turn people away, we provided services by appointment at all of our Centres. All the necessary precautions were in place and here Keke is assisting a client to complete the questionnaire. The Centres had to be sanitized daily and social distancing was practised, but all were assisted!!

Staff Training

Services to the community does not stop for anything! Even Covid did not stop LifeLine West Rand taking on a new project—opening a new Thuthuzela Care Centre in Krugersdorp! Because LifeLine Vaal has had many years experience at the Thuthuzela we were asked to train some of their staff. George and Keke, our trainers, travelled to Krugersdorp and presented to a group of new Counsellors at their Centre. A number of trainings took place, both in Krugersdorp and in Vereeniging at our training venue. Other new counsellors from the new Bekkersdal and Carletonville Thuthuzelas also joined the group for 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



In essence, if we want to direct our lives, we must take control of our consistent actions. It's not what we do once in a while that shapes our lives, but what we do consistently. - Tony Robbins

Building new normality and habits

Oh dear, we people are such entrenched creatures of habit; and when the Covid 19 spider came down and spun its web it encapsulated the whole world, and us into a new normal. Suddenly the old normality of habits and routines were forced out; and now we were pushed into a new way of life. Strange how old established habits and routines were so suddenly abolished, and now the new normal with adjusted routines and habits. Going into a depression won't help; rather consider these and make the new normal positive.

If the enforced close living with loved ones generated a bonding; celebrate it and make it lasting. And if it sadly became conflict ridden, then it pushes you to review and correct as the lock down eases.

The stay-at-home routine was a real opportunity to sharpen the cooking skills and to relish the fellowship around the dining table. (pity about the weight gain) In the poverty-stricken homes it forced a real appreciation of the basic and staple needs. (so sad that it should be) And it generated a massive capacity for the feeding schemes.

We all have been pushed into reviewing and adapting to the new financial constraints, and to be wiser and smarter in our spending.

The lock down sharpened our awareness of the need for physical exercise, and as the restrictions are released, can now more appreciate the freedom of movement and exercise.

The lock down has provided a time opportunity to indulge in joys of music, reading and other entertainment, even playing the indoor games.

As the restrictions are lifted we can once more appreciate meaningful visits to family and friends.

We have also come to realise the value of having work, being productive with reason and purpose. It also spurs us on to consider the many needy that have lost employment and consider the unemployed.

The Covid threat has also reinforced a greater awareness to actively protect and optimise our healthy bodies and lifestyles.

Taking all into consideration, it serves to revitalise our resolve and actions to address the real imperatives of building our individual and community wellness. Our new normal must remedy the ills of our people, society and our nation;

because they matter!

