



Vaal Triangle & LifeLine Shelter

Chatterbox

Message from the Director—Colleen Rogers

Inside this issue

Message from the Director/Editor	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



The article on the last page reminds me that we have all been given gifts. We all have various senses which only some of us develop to their full potential during our lifetimes. Some even have a “sixth” sense.

I am reminded of a talk we had some time ago with Paul Myburgh, who had been living with the Bushmen for a number of years and he talked about the senses that they have developed over the years, which we all have. They see things and smell things miles away and these senses are developed for their livelihoods. It is well known that when you lose one sense the others become stronger so why not try harder to develop those we have.

We all have various talents which we may never know until we try to develop them. Some people are able to do public speaking, some are able to learn languages, some can sing and act, some can draw and paint, some can sew, some can write and some can cook and bake. Some of these talents are in us and could earn us a living, if we just developed them. In these terrible economic times, they may be the answer—small business!

Some people can be Doctors, Lawyers, Politicians, good Tradesmen, Auditors, others can be Mediators, Psychologists etc. etc—we all have skills but we need to put our minds to them, hone them and apply them. We all have a purpose in life and it may take some time to marry the skill to the purpose. As long as you are alive it is natural to keep looking for purpose and developing the appropriate skills to use, once you know what it is you want to achieve. Some find their purpose early in life while others take time to search and find the right thing.

Once you know where your talents (gifts) lie and what they are, there will be no stopping you to get to where you want to go. Just keep searching, using and developing them—you’ll be amazed at what you can do! Never say I can’t do this or that—if you put your mind to it you can! Use all your senses and develop them and you’ll be amazed at what you can actually do. Good luck!

“You must first be who you really are, then do what you need to do, in order to have what you want.”
– Margaret Young



April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Robbie BM	6	7	8
9	10	11	12 Ntokozo	13	14 Moipone John	15
16	17	18 Ntsoaki	19	20	21	22
23	24	25 Rosina	26	27	28	29
30						

May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Phakoe	3	4	5	6
7	8	9	10 Ingrid BM	11	12	13
14	15	16	17	18 Mojalefa	19 Nombulelo	20 Popi
21	22	23	24	25 KG, Keke Shaheda,	26	27
28	29	30 Mmatisetso	31			

June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Florence	3 Mathagele, Cynthia
4	5	6 Magret Eunice, Fundiswa	7	8	9	10 Maria Miga
11	12 Jacques BM	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28 Mirriam	29	30	

Shelter News

It has been a busy month at the shelter—lots of coming and going. Women and their children accessing the Shelter, spending a few days and moving on. We have had victims of Human Trafficking who wait to be relocated by the Hawks.

To top this the washing machine decided to stop working! Having this many people in the Shelter, with no washing able to be done, is impossible, so we were forced to purchase a new one. The old one was too old to be repaired!

The Shelter children were taken, on a daily basis, to Kammaland Nursery School but unfortunately the nursery school has closed down—at short notice. We will now have to find another nursery school to accommodate the children. It is very important for them to socialise and be busy all day—away from their mothers, who are busy receiving psychosocial services, services from the local clinics and assistance with court and SAPS proceedings. All in a day's work -For our Social Worker and Social Auxiliary Worker!!

Food for thought!!!

Have you found your purpose in life? Some people discover what their purpose in life is very early and others, like you and me, take some time to discover what you are here on earth for! Your search consists mostly of trial and error! When you first start out in search of your purpose—you grab the first one you find—only to outgrow that particular purpose and find another. But it's ok because in this way, with every new purpose you find, you are working towards finding your true "life's purpose".

So if you find yourself doubting your purpose, just know this is natural! It's even natural to be "purposeless" for a time, so long as you never stop searching for the purpose and so long as you never cease to seek, you'll get closer and closer to eventually discovering your true purpose.

LIFELINE'S GRATITUDE JOURNAL

We need to thank our staff, volunteers and Board Members for their generosity. They are all on the look-out for ways of generating income or looking for donations. We regularly get ideas of how we can make money or find ways of getting what we need. Over the last month three volunteers have provided donations or we have received donations in kind from them.

A Board Member has provided a cash donation, which is sorely needed at this time!!

We want to thank them all for their commitment and dedication and say that they are an example to others and we value them. Without them and people of their kind, we would not exist and we will not be celebrating 40 years in the Vaal in January next year!!!

STAFF NEWS

Some news from and about staff members and volunteers

Sabie—Hope you are recovering well after your operation

Innocentia, Rosina and Gloria—Hope you are all recovering well after your accidents

Mamiki— Hope you will enjoy working in your new area

Ruth—Congratulations—getting your Isiqalo Diploma

Keke—Going to be a grandmother for the 3rd time

Brenda—Congratulations on graduating as a Social Worker

Shirley—Congratulations on your new car—wishing you happy miles!

You can have anything you want if you want it badly enough. You can be anything you want to be, do anything you set out to accomplish if you hold to that desire with singleness of purpose."

Abraham Lincoln

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
Current Account no: 1748320750

Auditors: TFC Professional Consultants
2 Brahms Street, SW5
VANDERBIJLPARK

Staff Activities!!!

The Department of Social Development has funded LifeLine for the past 14 years, for a life skills programme which we call "Becoming Big Stuff". This programme is presented to Grade 7 learners in schools around Emfuleni and Midvaal. It is a life skills/sexuality/respect programme, presented separately, to boys and girls although it is the exact same programme.

Another programme which LifeLine presents is something called "Monghadi" which is a "Positive Masculinity" Programme aimed at Grade 9 boys. It is aimed to develop and capacitate teenage boys with positive masculine identity and attitudinal values (respect) and lifestyle behaviours. The workshop is very experiential and is spread over three days and two nights, away from school and home.

A "Young Warrior" supervision workshop also took place during February. The "Young Warrior" programme is also funded by the Department of Social Development—has been for the past 14 years! The programme is aimed at Grade 10 learners, boys and girls, from various schools. They attend a week-long "camp" and the programme aims to build self esteem and wellness with personal skills (mental health). This is followed by a series of supervisions. It also enables and empowers them to face and overcome life challenges and to become peer educators/change agents in their schools and communities. This programme has made a lasting impact on these young people, who keep it touch with "Papa George" (trainer) as he is known to

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 a Psychology or Social Worker student?

Are you available during the day on weekdays?

If the answer is yes—contact us for an interview or further information

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

PLAN B

The DOH strike also affected the Kopanong Thuthuzela Care Centre. The TCC operates 24/7 and the staff were denied access to this facility. This was a serious threat to the victims of sexual abuse, who access these services. Thanks to the tenacity of the Doctors, Dr Kalain and Dr Victor, and the Facility Manager, Edwin, a Plan B was made. Plan A was to refer victims to Lenasia



South or Baragwanath and Plan B was to receive victims at LifeLine's offices. Our Chief Social Worker's office was made available to the Thuthuzela team and an examination bed was borrowed from the Eventide Old Age Home. The examination room was set up at LifeLine and made available 24/7. All necessary medication was set out in the room. An office key was given to Edwin, in case it was needed to implement Plan B—to open any-time.

The Thuthuzela Care Centre is a one-stop medico-legal centre which caters for victims of domestic violence and sexual assault. It operates 24/7 and victims will receive all the services required under one roof. LifeLine has 6 Social Auxiliary Workers/First responders on duty during these times. There are two Social Workers providing psychosocial services for as long as the client needs the services. The First Responders also provide PEP adherence and "follow" the client until they have had their 6 week follow up visit and HTS services. They also refer the victims for ARV access if they tested HIV positive on the first visit.

FOR INFORMATION VISIT

Website:

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

Facebook:

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

Lifeline is one of the beneficiaries of the Cape Gate Vaal Marathon held annually in the Three Rivers/Risiville area. As usual, the staff and volunteers (including our Chairman), were on duty, as “marshalls”, in Brockett Street. Dealing with inconsiderate or rude motorists is part of the job!! It’s a



fun day we shout encouraging re-



marks to the runners!

And More News

DREAMS Programme

The young women in the white T shirts in this photo have received intensive economic strengthening and were stock taking here.



They have since been placed in a workplace in Lesedi.

Recruiting at VUT for the prevention programme—No Means No.



NEWS

Our Volunteers, staff and Board Members have really come to the party. Donations of sanitary pads were received from an NGO belonging to two of our Volunteers. Palesa and Maki arrived at our office with a bag full of sanitary towels for victims at our Shelter and Thuthuzela Care centre. In the picture is Palesa, Colleen and Maki.



Our Board Member—Lerato Modise—also surprised us with a wonderful cash donation from her company, Modise Protection Services.

Lifeline is currently facing a financial challenge. We do receive funds from some donors but these funds cover certain projects and do not cover any other expenses that Lifeline has. We still have to find money to pay salaries and various other running costs.

Every donation received is something we did not have before so even small amounts will add up and we are very grateful for them.

We also received a huge amount of curtaining and curtaining material—seven huge bags full—and a volunteer, Martie spend three days sorting everything out. Most of it will be used, by our Shelter, to make bags for the Thuthuzela victims of sexual assault. We fill them with toiletries and hand them to each and every victims accessing the Thuthuzela Care Centre.

Lifeline is funded by USAID, managed by Nacosa, for an extensive GBV programme. The programme includes prevention and also GBV response. We have a number of Facilitators who present the prevention programmes to women aged 20–24 years. We are working in Emfuleni, Midvaal and Lesedi. There are 5 Social Workers (Case Managers) who provide psychosocial services to the victims referred to them. The Lifeline Dreams team provides Prevention, Response, Financial Literacy, Sexual Reproductive Health and Mentorship services in this programme. Clients are referred to other partners in this programme for PrEP, HTS, economic strengthening and family planning services, including provision of condoms and contraceptives.

PREVENT
violence by changing harmful socio-cultural attitudes, beliefs and norms and promoting protective individual, family and community norms

RESPOND
to violence, ensuring that survivors have access to comprehensive postviolence care and support.

ASSESS
OVCY, AGYW and their families for violence and vulnerability, ensuring active links to health, social, legal and support services.

STRENGTHEN
community systems to prevent and respond to violence.

SUPPORT
OVCY to prevent and respond to HIV and AIDS through comprehensive case management.

As can be seen in the diagram below, the Dreams programme consists of a number of “legs”. There is prevention, response, assessment, strengthening and support. Lifeline works with various partners in this programme. They are WRHI, Anova and Future Families. Each one provides different services to provide victims with a complete package of care.

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



Mental and Emotional Health for all



“The mystery of human existence lies not in just staying alive, but in finding something to live for.”
– Fyodor Dostoyevsky

What you are born with? And, more importantly how you use it.

We are all born with personality types, some strong, some weak, some positive and some not appropriate; and you can't disown them. Whatever they are, and if you aware of them, then you can adjust and centre them to make them more user effective. If not, suffer them.

We are all born with a “heart” of feelings and emotions; some are emotionally strong and resilient, and others very tender and fragile. Some very expressive in showing them, some hiding them. Some so clever in using them to manipulate others to some advantage, and others very genuine and real.

We are born to need people and relationships in our lives; some are very responsive in their caring and compassion for others, and other can become so selfishly aloof, self-centred and alone.

We are all born with an identity, so very varied and very complex. Whatever your uniqueness, you can make yourself so miserable with self-discontent, or, you can come to terms with it and make yourself happy and the best you can be.

We are all born with varied capacities, aptitudes and talents. You can neglect them to waste away, or maximise them with practice, investment and enjoyment.

We are all born with thinking ability and intelligence; and some are blessed with magical academic skills, others really have to do the spade work in studies, and sadly, some are disadvantaged.

We are all born with a need to work. We need an active orientation to find purpose and meaning for our efforts, or slump into a lethargic stagnation that can only end badly.

We are all born into varied circumstances; some disadvantaged, poverty stricken and in dysfunctional families and communities; and others more favourable and fortunate. Some are able to rise above their restrictive circumstances and sadly, others develop a victim mentality to dwell in their misery.

We are all born with the need to feel belonging and acceptance; some lose themselves or sell themselves in efforts to be recognised, be popular, or famous. Others are able to build relationships that bring real warmth, sharing and belonging.

We are all born to lead in some circumstance or toward some outcome; some are born leaders and others not, some lead to positive outcomes and others lead to conflict, disorder and violence.

We are all born to feel important and powerful; some build this in personal strengths, while other become fanatical to control, have authority and power.

You have the freedom of choice to make the difference, to make yourself great!!!!!!

