



Vaal Triangle & LifeLine Shelter

eChatterbox

Message from the Director

Director—Colleen Rogers

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The topic of mental health was usually avoided and stigmatised and this has changed somewhat over recent years, and rightly so! People are becoming more aware of the fact that mental illness is more common than previously thought and that it can be successfully treated and prevented. Although most people are resilient, people these days are exposed to many adverse circumstances—poverty, violence,

lawlessness, various service delivery issues—people are at a higher risk of developing mental health conditions. One is every 8 people in the world live with a mental disorder!! These disorders involve significant disturbances in thinking, emotional regulation and behaviour. There are many types of mental disorders—some very minor and some more serious. Effective prevention and treatment options do exist but unfortunately many people do not have access to effective care and support. In 2020, during Covid, the number of people living with anxiety and depression increased significantly.

Remember that mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn and work well and contrite to society. It is of the utmost importance that one reacts when the first signs of depression or anxiety appear. Help is available—even if it is just to talk to someone. It’s as close as the nearest telephone or LifeLine Wellness Centre! It may not be necessary to be on medication. Talk about issues as soon as you can before your condition becomes serious and needs medication. There is no reason to be scared or shy at asking for help—it’s a much better option that being on medication. BUT if you need medication it is available and definitely helps! It’s just a question of doing something about it timeously. As we say in LifeLine—if you don’t deal with “it” - “it” deals with you!



April 2024

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

May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Carl	2 Phakoe	3	4
5	6 Khanyisile	7	8	9 Nonhlanhla	10	11
12	13	14	15 Chauntel Lerato	16	17	18
19 Shaheeda Nombulelo	20 Popi	21	22	23	24	25 Keke / KG Tsoanelo
26 Matsidiso	27	28	29	30 Mmatisetso	31	

June 2024

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

Some news from and about staff members and volunteers

They say no news is good news!!! I suppose at the Shelter this applies! The Shelter has been jogging along with no unusual happenings. We continue to assist abused women and accommodate them, with their young children, for as long as is necessary to enable them to heal and be able to move forward with a more positive outlook. The Social Worker continues to work with their spouses, in order to find a way forward as a family and not break the relationship up, if possible.

Although the Shelter is an option, there is also an option of not going to the Shelter but receiving counselling as "outpatients". The Social Worker will see the couples at the Duncanville office for as long as it takes to assist with the issues experienced by the couple. Sometimes by just talking with someone on the outside can help. Sometimes it is a communication problem which can be addressed and changed. It's amazing what a difference the correct communication method can make!!

Food for thought!!!

There is increasing evidence that both the content and context of work can play a role in the development of mental health problems in the workplace. The following are some of the factors which add to our mental health issues:

- ⇒ Workload—both excessive or insufficient workload
- ⇒ Lack of participation and control in the workplace
- ⇒ Monotonous or unpleasant tasks
- ⇒ Role ambiguity or conflict
- ⇒ Lack of recognition
- ⇒ Inequity
- ⇒ Poor interpersonal relationships
- ⇒ Poor working conditions
- ⇒ Poor leadership and communication
- ⇒ Conflicting home and work demands

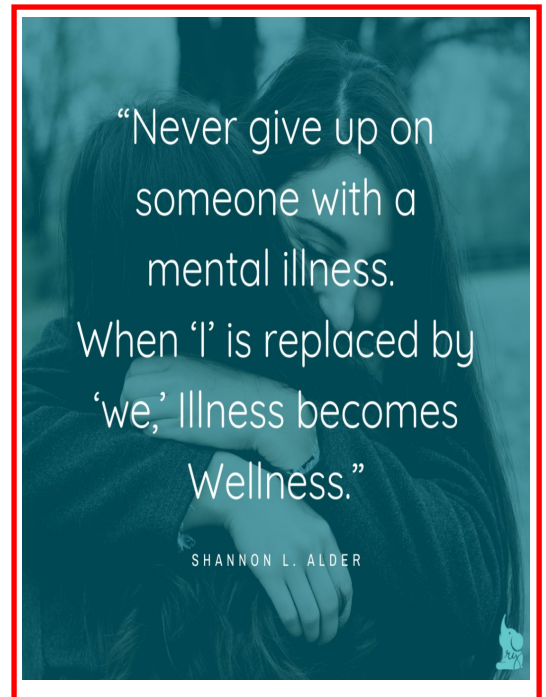
Good employers could recognise and support those who may show signs of anxiety/stress and address the situation and support the staff in suitable ways—there is help out there! These days our lives are filled with various stresses—just listen to the news!!!

LIFELINE'S GRATITUDE JOURNAL

At this time LifeLine is struggling financially. It has always been a struggle to find funds but we have always managed to get by and bounce back but this time it is really scary with no prospects of finding funds even for salaries at the end of April!!! National Lottery is very quiet and although we applied in May 2023 we have still not heard anything from them. To add to the situation, we have not heard from Department of Social Development who funds our staff at the LifeLine Shelter and Kopanong Thuthuzela, which operate 24/7 and are essential services. The staff are currently working as volunteers!!! There is nothing stopping them from staying at home!! If anyone has any idea or knows of any CSI funds available please contact us! We do not want to lose the past 40 years of service now!!!!

- Joyce**—New grandmother of baby girl
Sanele—Mother of new baby girl
Sanele/Nonhlanhla—welcome to LifeLine
Brenda—Congratulations on getting a placement at Milton school
George—Enjoy having your brother out from Australia in April
Mkhulu—Welcome to your new position on the GBV team
New GBV Brigade SAWs—Enjoy your placement at Khensani and Tirisano
Kotie—Hope you are well again after your health scares

Welcome to all the new volunteers at Tirisano - hope you enjoy your time with LifeLine



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 Brahm's Street, SW5
 VANDERBIJLPARK

Staff Activities!!!

Event at Evaton

In order to highlight the services of the **Thuthuzela Care Centre** LifeLine had an event with learners at Jordan Secondary School and ED Mashabane Secondary School

180 learners and other participants gathered at the Thusong Hall at Mafatsane on Saturday 16th March and were treated to various presentations. They received refreshments at the start of the programme and lunch later. Presentations were made by the SAPS crime prevention unit, Thuthuzela services by Thandiwe, Shelter services by Letia and Wellness Centres services by Malefu and Regina. Shirley and Esther provided information and services.



Training

Vaal Marathon

LifeLine Chairman, staff and volunteers were on duty at the Cape Gate Vaal Marathon on 3rd March at 05.30 am. This is an annual event and LifeLine is a beneficiary. An enjoyable day—so much so that we all forgot to take photographs!!!

Big stuff

LifeLine presented the “Big Stuff” Sexuality Programme to 13 schools in Midvaal and Emfuleni during March and in total learners were reached

Event at Sharpeville

On 24th February LifeLine held an event to highlight the services offered at the Kopanong Thuthuzela Care Centre, where LifeLine staff provide 24/7 psychosocial services to victims of sexual assault/rape. The event took place in Sharpeville where the learners of Thuto Lore Secondary School participated in a march which culminated at the school

where they had lunch (180 lunches) and were provided with information from various speakers, including LifeLine, SAPS, Thuthuzela,.....



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

FOR INFORMATION VISIT

Website:

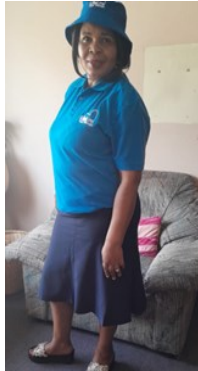
<http://www.lifelinevaal.co.za/>

Facebook:

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

BRAND NEW LOOK

The Department of Social Development provided funds for LifeLine to purchase new uniforms for the staff at the Kopanong Thuthuzela Care Centre. Minah is seen here in the new uniform, looking very smart!



LifeLine provides 24/7 psychosocial services at the Kopanong Thuthuzela, including HCT and follow-up services, to all sexual assault victims. Each victim is seen by a LifeLine First Responder when they arrive at the TCC, they receive the necessary examination by the DOH, receive HCT and the necessary medication including PEP if eligible. Each victim sees a Social Worker on a follow-up visit.

NEWS

GBV event at Sicelo

A community dialogue on GBV took place at the Lynca LifeLine Wellness Centre in Sicelo. It was held in December as part of an awareness on the DREAMS programme, for which LifeLine is being funded by Nacosa (USAID). The programme targets adolescents and young women, providing them with an holistic package of services dealing with HIV, GBV and relevant information and incentives. WITSRHI joined LifeLine on the day to provide their services—HCT, PreP etc. It was well attended and proved to be a successful day.



GBV/Kopanong Thuthuzela Care Centre awareness day

A Thuthuzela information event for the community took place at Lynca LifeLine on 8th March. Community members were treated to breakfast and lunch and information sessions from LifeLine, Kopanong Thuthuzela Care Centre, NPA, DOH, Meyerton Child Welfare, SAPS and the Meyerton GBV Brigade. LifeLine felt that the community needed to be aware of what services are available to them and the importance of accessing these services within 72 hours.



And More News

Counselling Skills at Tirisano

LifeLine's Tirisano Wellness Centre returned to the Palm Springs Mall in 2023, after having been closed from the time of the riots in 2021. Last year we started training new volunteer Lay Counsellors as all the previous people had left. In November 23 they completed the first part and



completed the second part of the training in February 2024. They are now Probationers at Tirisano.



Condom Week



At the end of February our Mamello Wellness Centre in Zone 13 in Sebokeng took to the streets to talk to the community in the area, highlighting Condom week. They handed out condoms and provided information to anyone who cared to listen.

LifeLine Wellness Centres participate in most of the Health Calendar days providing information on the relevant topics. Some of the Health Calendar days celebrated are Condom Week, Child Protection Week, World Aids Day, 16 Days of Activism against GBV, Elder Abuse Day, Women's Day, Mandela Day (67 minutes), Mental Health Day and of course LifeLine participates in other awareness programmes which each Wellness Centre decides as they see fit, sometimes with other NGOs and sometimes on their own.

Community Safety officials visited the LifeLine offices in Duncanville for a meeting in February. A meeting was requested by LifeLine to discuss possible Personal Growth training for the GBV Brigades. Some of the brigade's SAW are being mentored by the LifeLine Social Workers and we felt it important to offer them training. In the picture is Monica V Rooyen, George V Schalkwyk, Malesela Senosha, Peter Kele and Colleen



LifeLine

Vaal Triangle

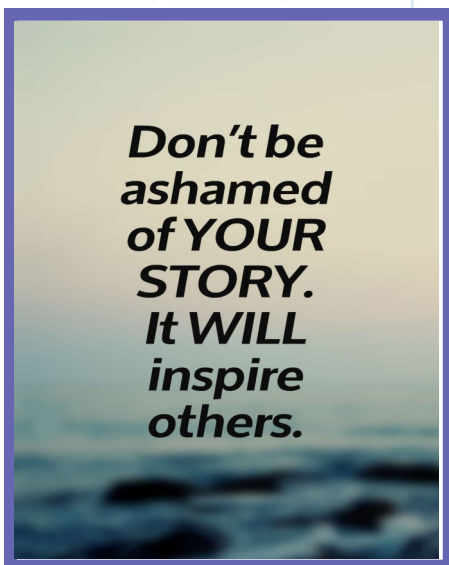
Office: Monument road, Duncanville
 Avondrus/Eventide Old Age Home
 P.O Box 20
 Arcon Park 1937
 Tel no: 016 428 1740
 National Crisis no. 0861 322 322

Crisis line:

016 428 1640



Mental and Emotional Health for all



Mental Wealth

LifeLine’s mission is “Mental and Emotional Wellness for All”. This as an objective or goal implies a many faceted approach, ways and means, awareness, resources, help interventions and for each person to take ownership and responsibility for their own mental and emotional well-being. But what does the end product and incentive of being “Mentally Wealthy” look like?

Wealth in any form implies a measure, a reservoir of some asset or commodity that is valuable, fit-for-purpose and sustainable. The first point of departure must be that there is acknowledgement and acceptance that each person is worthy of being important and valuable. Secondly, that each person must take ownership and responsibility for their well-being.

Mental health implies the person having “personal skills” to use their signature capacity and strengths to adapt and adjust emotional and behavioural functioning to cope and manage the world they live in. Doing this is to be mentally wealthy.

The Personal Skills implies the mind-mechanics of mental processes to manage:

- To have positive thoughts and thinking skills in making choices and decisions
- Emotional maturity is being aware of feelings and responding to them.
- The intent to live core attitudinal values of respect, integrity and self-worth.
- The on-going preservation of own wellness, happiness and esteem.
- Building resilience to any challenges, threats and hurts.
- Being able and competent in building and maintaining important relationship.
- Effective management of all lifestyle habits including health and sexuality.
- Having purpose and reason for growth, studies and work.

Know that these personal skills:

- They don’t come by magic. Each person has to self-source and develop them, and there are many who can help and assist.
- It is the path to “I am-ness” where I am comfortable, at peace and happy with myself, not perfect.
- That each person can cope and manage in spite of the woes and conditions of their situation and environment.

Mental wealth is when I can say, “I am able to manage my thoughts, feelings, beliefs, sexuality, health and lifestyle; to be able to consistently deliver and perform as fully and as perfectly as I can according to my capacity and potential”

Take up the challenge, because it is a life-long task and journey. Know that its success is not a theory, it is a hard-work-job to be done. “To do is to be, and to be is to do now” *Leo Buscaglia George March 2024

