



Vaal Triangle &
Bella Maria Shelter

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eChatterBox

Message from the Director— Colleen Rogers



I cannot describe the feeling of satisfaction and hope one feels after a counselling session which has gone well. Some do go well and some don't, but as a Psychologist friend once said "Even a bad counsellor is better than no counsellor" and perhaps she was right! We do not always KNOW what we have achieved after a session. We can see that there has been a difference in the way the person holds their shoulders or in the eyes but we cannot really know what difference we have made until we get feedback at the next session or when someone says "My friend/family member referred me to you because you

helped them". That is enough to make it all worthwhile! I always say if we are asked to put all the problems we come across, including our own, into a pot and choose one—I would still always choose mine! That comes from dealing with others' problems! We often do not realise the power of a smile, a kind word, a listening ear or a soft touch on the shoulder or arm—it can turn someone's life around—try it! See what happens if you smile at a person passing by—you'll be amazed!

We always benefit more from giving than receiving—go out and do something for someone and see how it makes you feel! What you give out you receive back in abundance—it is said in "tenfold" - especially when you least expect it!

VOLUNTEERISM—THE BEGINNING OF LIFELINE

An excerpt from Rev Alan Walker's book: One night a crucial meeting was held in our home in Sydney. We invited about 30 people, members of the congregation of the Central Methodist Mission. I can still see them coming in the door—a typical criss-cross section of society: school teacher, laundry man and his wife, office secretary, legal officer, carpenter, nurse, student, policeman and a deaconess of the church. When they heard the call to establish a round-the-clock telephone counselling centre with back-up services staffed by voluntary Christian lay men and women, the idea excited them. That night the whole plan was improved, refined and adopted. We were on our way! The day would come when we would say to Sydney "Help is as close as the telephone"

A public meeting was held, 3 years later, in order to recruit the first team of telephone counsellors, over 250 people came!!!! Over 150 volunteers enrolled for the first training course which continued, week by week for 9 months!!! LifeLine was born—1963!!

Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another.

Erma Bombeck



April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4	5	6	7	8
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16	17	18	19	20	21	22
23 Jason	24	25	26	27	28	29
30						

May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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14	15	16	17	18	19 Shaheda	20 Popi
21	22	23	24	25 KG, Keke	26	27
28	29	30	31			

June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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4	5	6	7	8 Jessica	9	10 Maria
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25	26	27	28	29	30	

Bella Maria News



Bella Maria remains busy with some short term and long term residents. George, LifeLine Trainer, has been providing a Personal Growth Course to the ladies at the Centre, on a weekly basis.

Over the Christmas period Rita, owner of the Spur in Vanderbijlpark, treated the Ladies and children to a breakfast. What a pleasure it was to see them enjoying their meal.

On Valentine's Day the residents were treated to a lunch at a local pub and grill. They enjoyed the opportunity to have a meal in a public place.

The ladies also attended the annual Woman's Month Celebration concert at General Smuts High School where "The Soul Sisters" performed. A great day was held by all. These outings are "good for the soul" and is exactly what the ladies need from time to time.



Some of the ladies enjoying the morning at Gen Smuts High School

STAFF NEWS

Some news from and about staff members and volunteers

Thandiwe: Congratulations on being selected to do an HIV Specialist Course

Minah: Congratulations on being selected to do an HIV Specialist Course

Colleen: Congratulations on obtaining your Mediation certificate

Keke: Pleased about your husband's new job

Tebogo: Congratulations on the job at LLSouth Africa

Mariska: Thank you for offering your expertise to the residents of Bella Maria

Gerda B: Hope your husband has fully recovered from his surgery

ALL Kopanong TCC First responders: Congratulations on starting your SAW course!!

Food for thought!!!

We are always talking about building a better life, building a better community and building a better world!! Where does it start?

Well, believe it or not it DOES start with you!

It has to start with individuals—that means you! We all need to work towards making a better life, community or world but we also need to share the responsibility of being responsible for humanity. This is where the responsibility of volunteering can be appreciated. Volunteering is recognised and encouraged the world over. Not only does the world gain, but you do as well. There is nothing more rewarding than giving of yourself—talents, wisdom, care, heart, kindness or just doing because you can. Volunteer not for monetary reward but for far greater reward! Peace of mind, gratitude, wellbeing, hope, faith and generosity of heart and soul!!! Yours!!!

It's easy to
make a buck.
It's a lot
tougher to
make a
difference.

Tom Brokaw

Lifeline 's gratitude journal

I was sexually abused from the age of around 3 by a trusted member of our family. I had many issues in that I trusted nobody, not even my own brothers. I could also not show love and distanced myself from everyone including my own children. I got married at aged 20 and that marriage turned out to be both verbally and physically abusive. I blamed myself. The guilt I was carrying was overwhelming, as was the disgust I felt for myself.

At age 41, I finally received counselling and my life started changing. For the first time I realized I was worth something. Part of my therapy involved writing my feelings down and also writing letters to my abuser and mother whom I resented for not helping. This was such a relief. I could write whatever I wished, how I felt and what I thought of their actions.

At aged 44 I finally divorced and started a new life. I am finally free. Free of the hatred, free of the abuse and free to be me. For all of this, I owe my thanks to Lifeline Vaal and my counsellor, a wonderful woman who has been through so much herself. Without a safe haven called Lifeline, I would probably not be here. Today, 10 years on, I look at my experience as a lesson I needed to learn in order to be able to feel compassion for others. I'm not saying I have no more scars, I do. I just see my scars as a reminder to treat people with love, kindness, understanding and respect. I have forgiven my abusers because I understand just how sick they are, but I will never forget. I will always be eternally grateful to Lifeline and especially my counsellor for their love, understanding, compassion and absolute willingness to help when I was in such desperate need.- Testimony by a client (printed with her permission)

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: Audit Connection Inc.
Kruger Ave, Vereeniging

Community Activities

THUTHUZELA CARE CENTRES

Due to new funding obtained from the Global Fund, we have been able to provide services at the Metismaholo Thuthuzela again. Three staff members, two Social Auxiliary Workers and a Social Worker, commenced duties on 1st March. We hope that their presence will be of benefit to the community. They will be busy in the communities of Fezile Dabi providing information on the services offered by both LifeLine and Thuthuzela.



The ladies are Khanye, Letia and Susan

The Kopanong Thuthuzela Care Centre in Vereeniging will continue as before with the staff compliment of a Social Worker, Social Auxiliary Worker and 6 First Responders/Lay Counsellors. They will also be in the communities and providing 24/7 shift coverage at the Thuthuzela Care Centre. All the ladies will "follow" their clients to make sure they are receiving the support they need, taking their medication and are generally doing well after their ordeals. TCC is a one-stop medico-legal centre for the victims of gender based violence and rape.

During the past few months LifeLine Lay Counsellors have been attending to many cases where trauma debriefing is required. Many of these cases are due to robberies at companies where staff have been subjected to violence and real trauma. We have travelled to areas like Mpumalanga and also locally.

Other organisations have also made use of our volunteers to do debriefing with their staff on a regular basis. Debriefing should be available to anyone who "cares" for others in any way such as caregivers, counsellors, nursing staff, paramedics and even SAPS and Traffic Police, to name a few.



A group from a local NGO attending their debriefing sessions at Mamello Wellness Centre

LifeLine staff and Lay Counsellors are able to access debriefing on a regular basis through supervision meetings and on a one to one basis at any time. All our staff are trained Lay Counsellors so are available for any Lay Counsellor or staff member requiring this service.

The most important part of caring is to care for yourself! You cannot care for others if you do not receive debriefing. In this regard you need to avoid burnout which can happen to anyone anytime.

Training

TRAINING COURSES AVAILABLE

A series of 3 hour short courses are available on request:

- **STRESS MANAGEMENT**
- **ANGER MANAGEMENT**
- **TRAUMA AWARENESS**
- **SMART STUDY**
- **IMPORTANCE OF SELF ESTEEM**

Contact George at the office on 016 428 1740 for further information and bookings

NOTICE

You are invited to LifeLine Vaal Triangle's AGM

Date: 30.5.2017
Time: 18.00 for 18.30
Venue: Training venue on cnr of Leeuwkuil and-Schreiner Streets in Duncanville

SERVICE CENTRE NEWS



Our team of "Trainers" have been very busy during the first quarter of this year providing Grade 7 learners with the **"Becoming Big Stuff"** programme. This programme is mostly funded by Department of Social Development and covers the onset of puberty and sexuality including information about HIV. More than 10 primary schools received the training.



Tebogo presenting at Bafokeng Primary

Boys and girls are separated but presented with the same programme. A male will present to the boys and a female to the girls. Children are provided with fruit and other goodies during this 2 hour presentation and are encouraged to ask as many questions as possible—dispelling many myths!!!!

One of the biggest challenges our community faces is that of how to be a successful parent. We do not get taught this at school nor do we receive handbooks with the information! It is mostly trial and error and with all the stresses and other issues we deal with on a day to day basis it has become increasingly difficult to be a successful parent.

Thanks to the Department of Social Development, LifeLine has been able to present more **"Positive Parenting"** programmes to a number of parents in some areas of the community. They have taken part in a four part programme. Three sessions are spread over three weeks with a fourth a month later, in order to assess the impact and get some feedback.



Some participants during the first session when participating in the opening "ice-breaker".

Participants decide on a colour for their group and a Certificate and T Shirt with **"I am a Positive Parent"**, in the colour chosen, is presented to them on the last session.



More News

Bella Maria news

Thusong Projects in Vanderbijlpark have generously sponsored some ladies who were once at Bella Maria with some skills development. The



course they attended is an accredited sewing course. With some funding from Vital Foundation, the ladies have been able to attend and complete the course and recently attended a Graduation Ceremony where they received their certificates from Thusong Projects.

Thusong Projects, affiliated to Vesco (Mittal) have also provided Bella Maria with an additional house which will mean more accommodation for abused women and their children

Mariska, one of our Lay Counsellors, has offered her services to Bella Maria, providing a three-fold service to the residents. Not only will she be providing skills but will be giving the ladies some economic opportunities. This group activity is also a support group. They will be making "Therapy Dolls" which can be sold to Therapists, Psychologists, Social Workers and Educators by LifeLine. This will create an income which will sustain our activities.

Jabu supervising the training of BP Testing at Tirisano Wellness Centre. All our Lay Counsellors are able to test BP, HIV and Glucose. TB screening is also done.



We celebrate the selfless individuals around our country who channel their civic virtues through volunteerism... devoted to a cause bigger than themselves.... Volunteers help drive our country's progress, and day in and day out, they make extraordinary sacrifices to expand promise and possibility.

Barack Obama

LifeLine: Vaal Triangle

Office: Monument road, Duncanville

Avondrus/Eventide Old Age Home

P.O Box 20

Arcon Park 1937

Tel no: 016 428 1740

Nat Crisis no. 0861 322 322

Crisis line: 016 428 1640

Website: www.Lifelinevaal.co.za

Facebook: facebook.com/Lifelinevaal



Building Community Heart



“Remember that the happiest people are not those getting more, but those giving more.”

H. Jackson Brown Jr

VOLUNTEERING

To be a Volunteer

A volunteer is someone who participates; their existence is not an island. They do not live just for themselves, or at the expense of others. It becomes an acknowledgement of a sort of interdependence with others, in the family and community.

The volunteer is someone who has it in their heart and conscience to reach out to someone or others who are in need. Their responsiveness is acknowledging the individual/social/community responsibility: it is to give back to others who are needy. [companies have responded as a corporate social responsibility]

The volunteer does this not for personal gain: of acclaim, reputation, prestige, money, power or influence. Thus the volunteer's motives needs to be honourable; so as not to create a dependency. Nor is to create a sense of owing or obligation to give back.

Whatever the volunteer gives/provides must have the core objective to enable, empower and build wellness of the person or community to help and sustain themselves. It is not just charity; the volunteer helps, so that the recipients can help themselves and become responsible.

Each volunteer needs a clear insight and understanding:

Why they want to volunteer help of service or means. This is to have a clear and honourable intent or motive.

That they can and are able to volunteer. This implies a capacity of knowledge, expertise, and skills of the services and means they wish to provide. Also it asks that the volunteer has the capacity to deliver the services and means.

The real benefits for the volunteer:

That sense of satisfaction and accomplishment when you see the benefit to the recipient.

The volunteer has the opportunity to grow and become experienced in knowledge, skills and techniques/protocols in helping people; and the intricacies of the services they provide.

The volunteer becomes skilled in the interaction with people.

The volunteer creates a base of experience which can influence a career and vocation. [a benefit to a CV]

It is the essence of compassion to help another in need. It adds purpose and reason to the act of giving!

