



Vaal Triangle & LifeLine Shelter

# Chatterbox

## Message from the Director—Colleen Rogers

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Our subject for this Chatterbox seems to be “status in life versus what your heart is telling you”. I think that both are equally important and seem to be more so at different times/stages of our lives.

When we are younger it makes sense that we will focus on achieving our goals, striving for certain milestones which will carry us through our lives. We go to school and sometime during these 12 formal schooling years we make a decision on which career path we aim to follow. We set about doing what is required to achieve this goal.

It can sometimes take many years but if is truly what we want, we will stay true to it. The problem comes when we exclude all and everyone else in the pursuit of this goal and forget about the “living” part of it ,in the process.

Sometimes we get thrown off track by things of the heart! It could be that we meet the person of our dreams or some other interesting event takes us off on a path which is totally different from that original goal. Sometimes this is a fulfillment of a different dream, one in which our heart speaks louder than our head. Sometimes the original “status” dream is overshadowed by what the heart needs or is telling us now. In most cases the Maslow theory plays a part—once basic requirements are in place, we feel free to follow our hearts. We do not necessarily have to give up our original goal for the status side of things but what our heart is telling us becomes stronger. We find we are able to “give” of ourselves even while focusing on the goal. These are the people who are able to see the bigger picture, who are able to participate in life activities, who are able to live fulfilling lives and spend time with family and friends and still achieve what they set out to achieve.

It is not easy but soooo rewarding to give of yourself, your time, your expertise and your heart!! We all need to be able to provide for ourselves and our families but not all good times cost money and we are able to spread ourselves really well amongst family and friends and still find time to “give” to others. Not necessarily money but of ourselves in other ways. Not always worrying about “what’s in it for me” or how much money will it cost me. You will be surprised at what little effort is required by you to make such a huge difference in someone else’s life. You don’t need STATUS to do this—you need HEART!!!

“To thrive in life you need three bones.  
A wishbone.  
A backbone.  
And a funny bone.”  
  
— Reba McEntire



# April 2018

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

# May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Emily	2 Kgantshe	3	4	5 Gladwell
6	7	8	9	10	11	12
13	14	15	16	17	18	19 Shaheda
20 Popi	21	22	23	24	25 KG/Keke/Tieho	26
27	28	29	30	31		

# June 2018

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



## LifeLine Shelter

*We have had a name change for our shelter. This is due to requirements of our major funder because we were working under one NPO number for both LifeLine and Shelter this is not acceptable. Our shelter has been absolutely full for at least the past two years which is good and bad! We have had to turn some women away, or find them another shelter, a number of times which is very sad!*

*We were recently offered another property which would have added another 20 odd beds to our Shelter, which would have been amazing. We managed to get all the necessary permissions and certificates from various the authorities and were extremely happy about this shelter. It was going to make such a huge difference to the abused women and their children! Just as things came together, the offer was retracted. A huge disappointment for all concerned as the Department of Social Development had approved the funding, we had secured staff and other offers of help. We had the premises eradicated of pests and rats and then heard the devastating news that the person who had offered the premises had changed his mind. The Department of Social Development has suggested we try to find new premises as soon as possible to secure the funds.*  
**ANYONE OUT THERE WITH PREMISES WHICH CAN BE USED AS A SHELTER FOR ABUSED WOMEN AND THEIR CHILDREN???**

## STAFF NEWS

### Some news from and about staff members and volunteers

**Shirley: Hope your health improves and that Rod gets better soon**

**George: We wish you all the best with your eye treatment**

**Thandiwe, Annah, Popi, Minah, Esther and Chiwi: All the best for your finals of the Social Auxiliary Worker Course**

**Zukisiwe: Congratulations on your upcoming wedding—all the best and sorry to lose you!**

**Keke: Congratulations Granny—your first grandchild—a boy!!!**

**Colleen: Enjoy your Italy trip planned and paid for by your daughter**

**Mamosa & Tisetso: good luck with your new work with the schools in the Zappit Programme**

**Refiloe & Bulelwa—sorry the contract has come to an end—hope we can do it again soon**

## Food for thought!!!

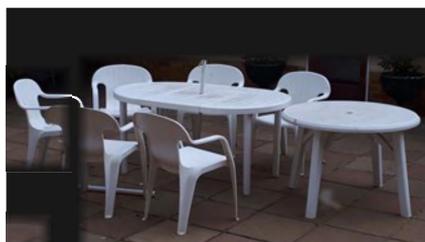
**It is so strange that these days we seem not to have time to do anything! Where are the days that we were carefree, with time to relax with family and favourite things to do. It's now just rush, rush, rush and it seems time just disappears. We spend so much time working—that means travel to work and travel back from work, and at work. We spend time trying to build careers, spend all the money we earn (and more!!!) on materialistic possessions. We have to have two cars (which is a necessity sometimes), we have to have the best and latest model cars, we have to have the 4 x 4 vehicles, we have to keep up with friends and neighbours! No time for cooking—have to get take-aways or fast foods! No time for exercise and so we become overweight and lethargic. We set really wonderful examples for our children!!! If our children do get to do any sport—very seldom—parents do not make any effort to take them to venues or watch the games/sports. Usually some other child's parents fetch and carry because we don't have time! We don't even have time to have a meal as a family—we sit in front of the TV to have our meals on our laps, with one eye and our meal and the other on the TV and of course our ears listening to what is one the box!**

**When do moms and dads talk or even listen to the children? That is why we do not know how anyone feels or thinks—life is going past us and we are going to wake up when it is too late!**

## Lifeline's gratitude journal

LifeLine was recently very Blessed to be donated a number of outdoor tables and chairs. We have had these items on our Wish List for a number of years—

without success!! We have learned over the years to just wait—it will come eventually—when you least expect it. Now are able to have lunch outside in the courtyard, have meetings and just generally enjoy the space! Thank you Steven McCue and Steve Rogers for donating and delivering them to 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](http://lifelinevaal.co.za) to view our wish list.

Bankers: Nedbank  
 Vanderbijlpark, South Africa  
 Account no: 1748320750

Auditors: Audit Connection Inc.  
 Kruger Ave, Vereeniging  
 Tel: +27 16 455 1436

# Community Activities

Life Skills for Grade7 learners

## Zappit Programme

LifeLine has entered into a partnership with LRC (Legal Resource Centre) in a project which is aimed at reporting and dealing with real concerning issues at school. These concerns are violence, substance abuse, bullying, dangerous weapons and sexual abuse issues in the schools. There are a number of roleplayers in this project - the LRC, LifeLine, Lomina and three educators from each of the participating schools.

The idea is that the learners interact with the project anonymously through their cellphones, reporting whatever the situation is at school. Each issue is attached to a number which the learner can punch in on the cellphone, which in turn, will alert Lomina, who will dispatch the relevant roleplayer and alert the relevant educators. If anything is reported by the learner, the necessary action will be taken by the relevant roleplayer who will deal with the problem at the school.

Two LifeLine Lay Counsellors have been employed to provide the necessary psycho-social services, including counselling and support. The Lay Counsellors provide the services to both learners and educators. They will also provide various presentations and skills workshops at the schools while they spend the day at the school. The Lay Counsellors spend two days per week at each of the five schools involved in the programme. The schools are in Sharpeville, Meyerton and Heidelberg.

LifeLine has, for a number of years, presented Life Skills workshops to Grade 7 learners at schools in the Sedibeng area. At least 20 schools receive the workshops and this equates to about 2000 learners. The funding for this activity comes from the Department of Social Development.

The presentations are provided to boys and girls at a school, separately, by male and female facilitators. No educators are present at the time to encourage freedom to ask questions and interact freely. It is quite frightening to hear some of the topics presented by these learners! Parents need to be very conscious of what is going on in their own lives as well as in the lives of their children. Much is being passed on to the children without anyone being aware. They do say "Out of the mouths of babes!!!"

**LIFELINE IS A COMMUNITY BASED ORGANISATION**

Three Personal Growth Courses recently came to an end in Duncanville. Two courses were held on Monday morning and onday evening and another on a Saturday morning.



The picture above is of some of the Saturday group at work!

## Training

### TRAINING COURSES AVAILABLE

**Do you need to earn CPD POINTS???**

**"Unlocking Potential" is a Workshop targeting those who work with youth and who need to earn 12 CPD points.**

**George on 016 428 1740 or email [training@lifelinevaal.co.za](mailto:training@lifelinevaal.co.za) for more information**

**A series of short courses are available on request:**

**Subjects include:**

**STRESS MANAGEMENT  
PARENTING WORKSHOP  
ANGER MANAGEMENT  
SELF ESTEEM  
RELATIONSHIPS**

### LifeLine AGM

**LifeLine will hold our AGM  
on 29th May 2018  
at 18.00 for 18.30  
at  
our Training Venue  
On Cnr Shreiner and  
Leeuwkuil Streets in Dun-  
canville**

**RSVP—Colleen or Shirley  
016 4281740**

# SERVICE CENTRE NEWS



## Metsimaholo Thuthuzela Care Centre

Late last year the Social Worker from the Metsimaholo Thuthuzela Care Centre in Sasolburg, Susan, organised, for some parents in Denysville to receive parenting skills training. The course was enthusiastically attended and at the last session the candidates asked if there was more to learn and can we present !! They also requested some assistance with their children during the school holidays.

The Rotary Humanitarian Centre in Bedfordview provided a selection of educational games which were presented to the group of children to use at the local Library. The idea was that the games stayed at the Library so that all the local children have access to them



LifeLine Vaal Triangle was recently presented with an award from the Provincial Department of Social Development. The award was presented by the Deputy Director at a Gala Function. The presentation is for the excellent work carried out by LifeLine in the field of victim empowerment. LifeLine provides the psycho-social services at the Kopanong Thuthuzela Care Centre situated in Vereeniging. Services are provided on a 24/7 basis by 6 First Responders who work shifts. They are very dedicated and most of these ladies have been with LifeLine for more than 10 years in other capacities. Most of the ladies have also been at Thuthuzela since it's inception—2009.



A Social Worker and Social Auxiliary Worker provide additional specialised services including community awareness and home visits when necessary. The First Responders are also responsible for the adherence of PEP medication. They need to support the clients, helping them to overcome any side effects of the medication and provide emotional support with any emotional issues both after the rape or with other concerns. They also assist family members who are struggling with the issues with the rape of loved ones. Part of the Victim Empowerment programme is also the Shelter for abused women although the award was more in line with the Thuthuzela operation. At the Shelter we also provide 24/7 support to victims of domestic violence but the shelter also offers accommodation for a period of time. The Social Worker provides all the psycho-social services necessary and the Housemother sees to the physical needs of the women and children with plenty of TLC!!

## More News

The Personal Growth Course, which was presented in Sebokeng, recently came to an end and it was just too much for one of the participants. On the last day, as everyone was thanked for attending and giving feedback of what the course meant to them, this young lady just burst into tears and very emotional realising that it had come to an end!!



## NOTICE

**PLEASE NOTE THAT OUR SHELTER WILL NO LONGER BE KNOWN AS BELLA MARIA.**

**The Shelter will now be known as the LifeLine Shelter and the services will continue as usual. Please continue to support our women and children!**

**We need volunteers to be trained as Lay Counsellors!!!**

**Please be in touch with Colleen or George on 016 428 1740 during office hours if you are available to be trained and volunteer as a Lay Counsellor at our Duncanville Centre during weekdays.**

“Never give advice unless you have walked the walk, because anybody can talk the talk.”

— Valencia Mackie

# 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**



“...your mind was seizing on something to try to make sense of the emotion... Can you see the power emotion has to distort our outlook? Makes you wonder, did you have a bad day, or did you make it a bad day?”

— [Brandon Mull, Rise of the Evening Star](#)

## STATUS VS HEART

### Insight with heart and self-respect

And a man sat alone..... drenched in deep sadness  
 And all the animals drew near him and said,  
 “we do not like to see you so sad..... ask us for what-  
 ever you wish and you shall have it”  
 And the man said, “I want to have good sight”  
 The vulture said, “you shall have mine”  
 And the man said, “I want to be strong”  
 The jaguar said, “you shall be strong like me”  
 Then the man said, “I long to see the secrets of the  
 world”  
 The serpent replied, “I will show them to you”  
 And so it went with all the animals  
 Then the owl said to the other animals, “Now the  
 man knows much and is able to do many things...  
 suddenly I am afraid”  
 The deer said, “the man has all he needs..... now his  
 sadness will stop”  
 But the owl replied, “No. I saw a hole in the  
 man..... deep like a hunger he will never fill..... it  
 is what makes him sad... and what makes him  
 want.....he will go on taking, and taking..... un-  
 til the world will say.....I am no more and I have  
 nothing more to give”

{From the movie – Apocalypto}

To have sight, strength and to be all-knowing (knowledge with no secrets) may satisfy the drive for qualifications, importance, wealth, status and power; but is not a guarantee to wisdom, happiness and fulfilment.

In the story above, the ‘hole’, the ‘hunger’, the ‘sadness’ indicates the need to have ‘heart’ and ‘self-respect’ The recipe is; the heart is the care, compassion and love for people. The self-respect is to have purpose and reason to be worthy with pride, integrity, and dignity

