



Vaal Triangle & LifeLine Shelter

Chatterbox

Message from the Director—Colleen Rogers



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We, at LifeLine, are in the business of storytelling! Or rather the people we interact with are telling the stories—we listen and ask and get the stories. These stories enable the clients to heal, accept and see the light in most cases!! By telling your story, even if it is a sandtray, you gain perspective and are able to make better decisions, see where you fit into the picture and make any necessary changes. Your story will not change because it has happened—it is in the past and present—but you can change your story going forward. By discussing

your story with someone outside the story (Lay Counsellor for instance) it is non-threatening, confidential and non-judgemental. We listen, ask relevant questions and discuss where things can change. We look at the part you have played in this story and this enables change. We have to remember that we cannot change anyone else—we can only change ourselves or what we do. Sometimes what we do will influence change in others but they have to make the change! Lead by example!!!!

On the other hand, we all have such different and diverse stories and to share these with family and friends can be really eye opening and rewarding to all. We loved, as kids, listening to the stories of life on the farms, life in the army, antics that our parents got up to as adults and children and trying to understand what they were talking about! Think of all the “remedies” that our grandparents used—the old “boereraad”. We heard the stories but did we ever keep the information? Do we have those old remedies? They really do work but we have lost the stories and hence, the remedies, forever.

Even in our different cultures we hear various stories and through listening, asking and telling each other we learn understanding, tolerance, acceptance, trust and respect. There are so many things that I now understand and accept, which I did not do before. It was only after interacting with each other and getting the stories that I understand how things are. It makes you realise that although things are different—they are the same!!!!

There will always be people that you will not want to spend time with, but that is because you have different stories from the past, which may affect the present and future, and not for any other reason. Let’s talk, ask and listen to one another and see what a better place we can make our world. Please include our children in the listening and asking!

“Stories have to be told or they die, and when they die, we can't remember who we are or why we're here.”

-

Sue Monk Kidd, [The Secret Life of Bees](#)



January 2019



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|-----|------------|-----|--------|-----------|-------------|
| | | 1 Moipone | 2 | 3 Lynn | 4 | 5 |
| 6 | 7 | 8 Fazakile | 9 | 10 | 11 Manana | 12 |
| 13 Anmar | 14 | 15 | 16 | 17 | 18 | 19 Tiisetso |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 Mamosa | 28 | 29 | 30 | 31 | | |
| | | | | | | |

February 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|------------|----------------|-----|------------|-------------|-----|
| | | 1 | 2 | 3 | 1 | 2 |
| 3 | 4 Chiwi | 5 Anna Lentsha | 6 | 7 | 8 | 9 |
| 10 | 11 Gerhard | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 Victoria | 23 |
| 24 | 25 | 26 | 27 | 28 Octavia | | |
| | | | | | | |

March 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|----------|------------|----------------|-----|----------|-----------|
| | | | | | 1 George | 2 Dineo |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 Melusi |
| 10 Justin | 11 Elize | 12 | 13 Letia/Gerda | 14 | 15 | 16 Lerato |
| 17 | 18 | 19 Shirley | 20 | 21 | 22 | 23 Trudie |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

Shelter News

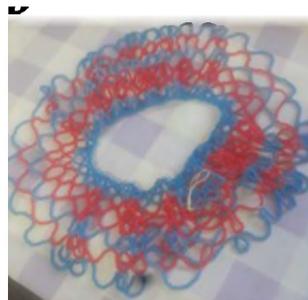


The Shelter has had some wonderful donations of beads and other materials, from residents at the Die Eike and Siesta Retirement Centres, in order to make jewellery. The Housemothers have been very busy designing and making various pieces of jewellery, teaching the residents and packaging them into packets for sale purposes.

We are hoping that we can find an outlet for the Shelter to be able to sell these pieces and thereby assist the Shelter and its residents financially. If anyone would like to purchase any of the jewellery pieces please contact Dineo on 083 753 7994 or at the office on

016 428

1740



STAFF NEWS

Some news from and about staff members and volunteers

George: wishing you well with your eye treatments

Shirley: hope you recover soon after your hip replacement

Anmar: good luck with the wedding plans and we wish you all the very best

Willie: hope all is well after your harrowing robbery ordeal at home

Emily: hope you are feeling better now

Martha: hope you have fully recovered after your fall

Pinky: Congratulations!! 15 years service

Marietjie: Congratulations!! 15 years service

Olivia: Congratulations!! 10 years service

Popi: Congratulations!! 10 years service

Annah: Congratulations!! 10 years service

Minah: Congratulations!! 10 years service

Esther: Congratulations!! 5 years service

Chiwi: Congratulations!! 5 years service



Food for thought!!!

In 1994 we had the "Truth & Reconciliation" sessions to try and assist in the way going forward for South Africa, after apartheid. The whole process involved storytelling. The storytelling involved both personal and other areas and was done in a neutral and non-threatening environment.

Our country was steeped in fear, prejudice, suspicion and of course racism. Everyone was anti—something! There was very little trust—from the "old" situation in the country and the "new" situation. We did not know what to expect and we were still dealing with many issues from the past. Storytelling enables people to speak from their heart. It should be done in a non-threatening environment and will allow people to understand and respect each other.

Storytelling can be liberating and can act as a "change agent". Telling our stories impacts us emotionally, intellectually and physically. By telling, listening and asking we can understand each other better, breaking down the barriers of suspicion and prejudice, which have divided many in the past and is doing so in the present.

By hearing each others stories we are able to understand and respect each others' views and rid ourselves of prejudices. We can then start understanding where we came from and where we are going to. In this way a better country can be built!!!

Lifeline's gratitude journal



There are so many things to be grateful for. We have wonderful staff who offer their talents and skills every day without complaint! Our volunteers offer their services, no matter what we ask, free of charge and willingly, even though they are probably worse off, sometimes, than the clients they see!!! We have regular donors who provide financial and material support, every month, on a regular basis. We have other donors who provide when the need arises—all we have to do is ask! Other donors think of LifeLine when they want to get rid or part with something and gladly donate these items to LifeLine. Of course there are those who offer their expert knowledge and services on a pro bono basis or at a very reduced cost.

Everyone is willing, even at their own sacrifice, to assist where there is a need. We thank you all, as without you, we would not be able to provide our services to the Sedibeng community at no cost and on a twenty four hour basis. THANK YOU!

HIV/AIDS

LifeLine has Lay Counsellors who have been trained to do HCT (HIV counselling and testing). They are also able to do Blood Pressure testing and TB screening.

Each Centre is equipped to provide these confidential and free services to any community member

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.

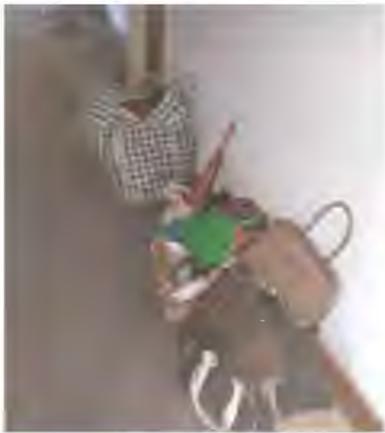
Bankers: Nedbank
Vanderbijlpark, South Africa
Account no: 1748320750

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

Community Activities



The Driehoek Helplift Organisation recently invited LifeLine to a meeting where they handed LifeLine 95 ladies bags ,filled with toiletries, and boxes of Bibles. These were collected by the members of this Organisation over a period and they will specifically be used for the many victims at the Thuthuzela Care Centres in Sasolburg and Vereeniging, where approximately 80 victims of rape are seen on a monthly basis. Almost 50% of these victims (survivors!) are under the age of 18 and a smaller amount are elderly people. These figures include boys and men and members of the LGBTI group. We would like to thank Helplift for their magnificent effort and for thinking of LifeLine.



Training

NEWSFLASH!!!!!!

LifeLine is partnering with Qondisa Training Institute to provide HWSeta accredited and non-accredited training

VARIOUS TRAINING COURSES AVAILABLE

Accredited and non-accredited!!

Learnerships will be available for 2019

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

November and December are usually very busy months for LifeLine

16 Days of Activism against Women and Child Abuse, Children’s Month and World Aids Day are “celebrated” and there are numerous activities taking place in the area.

Some of the activities were held at the Boipatong Methodist Church, Mokubung Park in Sebokeng, Lakeside, Sicelo Primary School, M-Tech, Groenpunt, Arcon Park, Sebokeng Hostel and various places around Sedibeng and Fezile Dabi.



Here are some of the activity pictures taken at some of the events. Awareness of abuse was the main topic and of course HIV/AIDS was also a topic widely

discussed. HCT was carried out at some venues. LifeLine has Lay Counsellors, Social Auxiliary Workers and Social Workers who provided these services, as they are well equipped to do so. If there was information or counselling needed at the venues, this was provided.

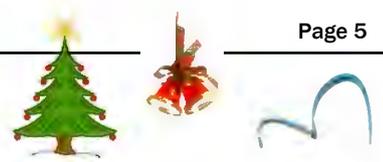


LifeLine Personal Growth Courses start on:

**Monday 21st January 2019
and
Saturday 26th January 2019
at
09.00 until 12.00
over 5 weeks**

**For information call
George/Colleen on 016 428
1740**

SERVICE CENTRE NEWS



YOUNG WARRIORS

At this time of the year—every year for the past nine years—George has packed his bags and packed the car to head away for a week's training with 40 young people. They are grade 10 learners from 20 schools in Sedibeng. All 16 year olds!!!!



George takes them through a rigorous training course, focussing on RESPECT but consisting of much more in order to develop life skills and empower them as "Change Agents" in their respective schools. They meet every three months during the year to report on achievements and get feedback and further information. At the end of 2019 we find a very different group of young people who have changed dramati-



cally and who have become Peer Educators in their schools and in their communities. Each learner has to reach out to at least 10 others during this year and provide feedback on their activities. George is a Mentor to them all and known as Pappa G.

For a number of years LifeLine has been holding it's annual year end function together with the Dedication Service. This was mainly done for cost saving reasons. This year was no exception and 70 staff members and volunteers were hosted by Riviera-on-Vaal for lunch. They assisted with costs! The venue was great, the meal was great and a wonderful day was had by all. At the Dedication service three volunteer Lay Counsellors took their vows and were dedicated to the service of LifeLine, pledging confidentiality and adherence to the LifeLine Ethos. Two people received 5 year certificates, four people received 10 year certificates and two people received 15 year certificates. Other staff members and volunteers were given the opportunity to re-dedicate themselves during the ceremony.

Pastor Byron Mann provided a very informative message.

Paul from Sunbake Bakery, Taxido Junction, provided LifeLine with a huge Christmas cake—as he does every year! Thank you to all concerned for the lovely day!



More News

NOTICE

The LifeLine offices will be closed between 21st December until 2nd January 2019.

The crisis line 016 428 1640 will continue to operate and clients will be assisted!



WISHING ALL THE STAFF, VOLUNTEERS AND THEIR FAMILIES A BLESSED AND HAPPY FESTIVE SEASON



PLEASE ENJOY PEACE AND PROSPERITY WITH YOUR FAMILIES AND COME BACK SAFELY IN JANUARY 2019

“It's like everyone tells a story about themselves inside their own head. Always. All the time. That story makes you what you are. We build ourselves out of that story.”



-
Patrick Rothfuss

“Today everyone, whether they know it or not, is in the emotional transportation business. More and more, success is won by creating compelling stories that have the power to move people to action. Simply put, if you can't tell it, you can't sell it.”
Peter Guber

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

Stories and story telling

Magically it all starts in our infantile beginnings. The toddler thinks! Yes, the toddler thinks with multidimensional perceptions of images, movements and sounds and then strings them together just like a video. And soon this is expanded with words and meanings of the spoken word vocabulary. And then at school going age the written word and literature is added. It is exactly this multidimensional nature and ability, that lends itself into the magical world of imagination and fantasies; and become connected into stories. (Ha-ha, even sex is impossible without this mind) Hence the growth need and real passion the child has for stories; which continues throughout life, and has a remarkable power to captivate all who are exposed to its spell. It covers all the mediums of literature (comics), film and television, dance and music.

The imagination and fantasy story does not stay a story. It is open to illustration and interpretation, a rhetoric of mood, state of mind, personalities, events, situations and conditions. Furthermore, our dreams are also the product of the imagination and fantasies, that remarkably become the source of creativity, discoveries and inventions.

Also, in academic studies these stories are used in case studies and scenario investigations and interpretations. In psycho-social studies and therapies (counselling) the role of the narrative cannot be underestimated.

Even in the non-fiction world; "facts never speak for themselves; it's when we string them together that they point to significance and proof." This factual narrative is then used to establish derived and authority beliefs in principles and laws.

So, dear reader, never neglect or underrate the role and importance of the story. Indulge yourself in the aura of the story magic. Become the story-teller for others, and yourself.



Building Community Heart



*Storytelling offers
 the chance to talk
 with your audience,
 and not at them:*

*Laura
 Holloway*

