



Vaal Triangle & LifeLine Shelter

eChatterbox

Message from the Director—Colleen Rogers

Inside this issue

Message from the Director	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



It's OK—or is it?

September is generally known as “Suicide Month” and many awareness initiatives are carried out. We are not 100% sure of why this is - there are many theories but it does seem that Spring is normally the time for new beginnings, new hope and trust in the future! It should be a time of hope and trust in our way forward but for some people it is exactly the opposite! It is always so easy to ask friends and family how they are—but not really expecting a negative

answer! Usually they answer “I’m fine (Ok?) and we move on! BUT is it OK? Is this person really OK? What did we observe or notice? Are we actually looking? Are we listening? When last did you contact friends and family? Are we just too busy to spare a few minutes? Don’t let something happen and you say to yourself “I was going to.....” - it will be too late and you will forever regret it!

Research on seasonal effects on suicide rates suggests that the prevalence of suicide is greatest during the late spring and early summer months, despite the common belief that suicide rates peak during the cold and dark months of the winter season. It is just not true! Everything begins to awake; activity is resumed, relations spring up, interchanges increase. In other words, it is the density of human interactions, and not the environment that caused higher incidence of suicide in spring or summer. When expectations don’t match up to reality then hope seems lost!

BUT all hope is not lost—there’s always hope. Someone from “outside” can sometimes provide other options, see things differently, reflect on different values and perhaps instil some kind of positive thoughts and actions. It is best to find the information/knowledge - remember knowledge is power and it can save someone’s life!

At LifeLine (from Leo Buscaglia) we say:

ONLY YOU CAN MAKE THE DIFFERENCE—
JUST BE THERE AND TRY!!!!

**Volunteering
is not a matter
of time
but a matter
of HEART!**



October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Refiloe	5
6	7	8	9 Puleng/Petra	10 Mel	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Karabo
3	4	5	6	7	8	9 Colleen
10	11	12	13	14	15	16
17	18	19	20 Rhoda BM	21	22	23 Maria Mp
24	25	26	27 Piet	28	29 Suzette & Alice	30

December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Hannes BM	5	6	7
8	9	10	11	12	13 Olivia	14
15	16	17	18	19	20 Annah M & Marietjie	21
22	23	24	25	26 Dimakatso	27	28 Lerato M
29	30	31				

Shelter News

We have had some changes and happenings at the Shelter, which is becoming a norm these days!

Our Social Worker, Puleng Radebe-Letlatsa, is leaving us at the end of September and Zamaswazi Shongwe will be joining us as our Shelter Social Worker. Fortunately for the Shelter, Letia (SAW) has been providing her services as a volunteer in the interim. We are truly grateful to have her expertise and willingness to go the extra mile! There has been some drama, in that one of the residents decided to do a runner, which caused quite a panic. Letia managed to find her and brought her back—she agreed to come back. She has moved on in the correct manner, in the meanwhile!

Our washing machine decided to stop working and with so many people in the house it was quite an issue! Fortunately, the Shelter had received a donation from LUSA and this money was used to buy another one.

Piet, our Handyman, has been building shelves in the Wendy House and in the Skills Room. It all looks good and everything has a place. Much easier to be productive there now.

Food for thought!!!

It's OK—or is it???

Suicide is a very real occurrence. Every 40 seconds someone takes his/her own life according to WHO (World Health Organisation) and that is 800 000 people worldwide every year!!! When someone commits suicide they actually affect another 12 people around them! It is the leading cause of death amongst 15—29 year olds. Let's not discount very young children, which is becoming more prevalent!! We are asking YOU to "Be There" - in whichever way you are able to be. Be there, listen and show up! Stretch out your hand to someone who may need help. It's widely known that certain behaviours indicate the possibility of suicide. We can all learn the warning signs of suicidal "ideation." If we spot them early enough, we can take action. It is very painful to see a close friend or loved one so tortured and not being able to help. If you do not know how to help—refer them to someone who does. LifeLine is just a phone call away—24/7. There are other organisations available—such as Sadag and the LifeLine National Crisis number—0861 322 322 which is also a 24/7 line. TAKE SUICIDE THREATS SERIOUSLY!

Lifeline's gratitude journal

This section has to be devoted to ALL those who contributed in any way whatsoever to our very successful Golf Day. It was the best Golf Day we have had since we started!! We had 22 fourballs—a record for us!!! We had the Unity BNI group helping wherever they could. We had friends and family doing their part to help raise funds! The spirit was great and the players seemed to have had a good day. There were prizes for all—these all came from sponsors! A special thanks to Shirley who organised and ran with the event from start to finish. I am sure she roped in everyone who crossed her path! We hope to do this again this time next year and will once again call on all of you great people to assist us!!! Thank you, thank you all!

STAFF NEWS

Some news from and about staff members and volunteers

Puleng: Hope you recover soon from your accident

Shirley: Have a great trip to OZ

George: Speedy recover after your operation

Lynn: Condolences on your mom's passing

Lynn: Hope your toe gets better soon—it has been a long time!

Keke: Hope you enjoyed your leave and your daughter's 21st Birthday!

Justin: Good luck with your assignments

KG: Good luck with your wedding plans

Nico Motaung; Condolences on the loss of your mom in August

Nthabiseng: Condolences on the loss of your mother in September

Joyce: Hope your feet get better soon

“Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day. You shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.”

— Ralph Waldo Emerson

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

Activities in the community

The Patrollers in Vanderbijlpark were recently treated to a tea to say thank you for their services, by SAPS. This was also part of Women's' Month activities. Mamosa, from our Khensani Wellness Centre in Sharpeville, provided a short motivational talk. We hope they enjoyed the day and the talk.



An information session was presented to the community at the St Silas Presbyterian Church in Evaton by Malefu, one of our volunteer Lay Counsellors at Khensani Wellness Centre in Sharpeville

GOLF DAY FUNDRAISER

On 23rd August 2019 LifeLine held the Annual Golf Day Fundraiser. The day was held at the Emfuleni Golf Estate, which was a first, as we previously held the event at the Meyerton Golf Course.

It was a wonderful day and a great time was had by all. Everyone who attended has vowed to do it again next year!! The activities went on well into the evening with raffles and "shooters" being part of the fun. We had enough prizes for everyone to get a prize—no matter how well or badly they did!



Chairman, Robbie, Centre Manager, Shirley and Director, Colleen enjoying a shooter - a "Melk Tertjie"!!



Training

NEWSFLASH!!!!!!

Lifeline Personal Growth and Basic Counselling Skills Course

Starting on

Saturday 5th October 2019

The total course lasts 12 weeks (once a week for 3 hours) and you will need to commit to all sessions

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

Some of the players registering and chatting before the start of the Golf Day!

OTHER TRAINING For the Workplace

Five stand-alone modules —4 hrs each

1. Understanding the job and employment relationship
2. Working teams
3. Planning for action in the workplace
4. Leadership, delegating and the giving and receiving of instructions
5. Conducting meetings and report writing

**Contact George
On 016 428 1740**

SERVICE CENTRE NEWS



ACHIEVEMENT!!!!

It was a long road and even longer wait for our Six Social Auxiliary Workers who provide the psycho-social services and HCT services at the Kopanong Thuthuzela Care Centre. Training started in March 2017 and their POEs were completed and handed in in April 2018. They received their certificates at a graduation ceremony in Melville on 23rd August 2019. The training was funded by our funders, Nacosa, who generously agreed to provide the training opportunity. All passed well and are now employed as Social Auxiliary Workers at the Thuthuzela as before. The ladies are from left Papi Mahlangu, Chiwi Msimanga, Annah Mngadi, Thandiwe Hlophe, Minah Nhlapo and Esther Motlafi. Well done ladies! Very proud of you.



67 Minutes

Our Centre in Sharpeville, Khensani Wellness Centre, received a wonderful “donation” from Hempel Paints! For 5 years the ceiling and lighting had collapsed but because it belongs to the ELM, no repairs were carried out. We operated by bedside lamp and without ceilings! BUT we operated, providing counselling and support to the community of Sharpeville and Tshepiso!!

Hempel staff replaced all the ceilings, all the light fittings and provided paint for all the rooms from top to bottom. They painted all the walls, cleaned all the furniture and fittings and our Centre now looks great!!!! Thanks to all who contributed and of course Hempel paints who also provided about 40 drums of paint for other areas to be renovated!



More News

“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.”

— Margaret Mead

Don't cry because it's over, smile because it happened.”

— Dr. Seuss

LifeLine Dedication Ceremony August 2019

LifeLine dedicates probationer counsellors and pays tribute to those who have provided services to LifeLine at a dedication service. New counsellors take an oath of confidentiality and “old” counsellors are able to re-dedicate themselves to the work they do at LifeLine by renewing their oath. There were 12 new counsellors dedicated, 4 received 5 year certificates, 1 received a 10 year certificate and 2 staff received 25 year certificates. **George van Schalkwyk and Colleen Rogers were the recipients of 25 year certificates!**



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



“If you don't know
 where you're go-
 ing, any road'll
 take you there”

— **George
 Harrison**

WHEN WORDS SPOKEN, DON'T MEAN WHAT THEY ACTUALLY MEAN

After the infant learns the first words, the vocabulary and language development begins its life-long journey; according to the many and varied influences and the cognitive development of thought.

Quite naturally the patterns of communication manifest; unique to each person and the group, the interaction of the family, the play group, peers and community. Thus informal or slang words and expressions are born which are distinct from formal meaning and words. The teenagers of that time and place often have a language that can be quite alien. So, too, parents devise code-words so as to hide the meanings from the siblings.

Some of these words and expressions, because of their everyday use, develop double and conflicting meanings. A neuro-linguistic connection, where the literal (linguistic) meaning of the word does not reflect the state-of-mind (neural) condition.

Many people use the greeting, “good-day”. It's literal meaning is obvious, but it is used habitually even if it is a terrible day!

“Good Day” but is it?

In our South African environment, the greeting of “how are you” has become a social correctness. This is asked even if there is no goodwill.

“How are you” but do I mean it? Do I really care?

There is the use of the word “fine” the word fine is very specific in its meaning. But in the response to the question, “how are you?”, the ready answer is “I am fine”. This, even it is the furthest from the truth.

“I am fine” but am I?

The common and over-used word - “OK” - is another example. It is used interspersed in sentences. Its meaning implies that it is all normal and satisfactory. Yet it is used even when things are not OK.

“It's OK” but is it?

Perhaps, we as creatures of habit, need to become more circumspect of some of the words and expressions we so glibly use!

