



Vaal Triangle & LifeLine Shelter

eChatterbox

Message from the Director—Colleen Rogers

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We are indeed living in strange times! Who would have thought this would happen to us and the rest of the world! Being unable to go anywhere freely, having to stay home, not seeing friends and family for a long period—it is actually mind boggling! At least I won't be spending any money unnecessarily! Isn't it strange that once you are unable to do something you want to do it!

But we should be able to use this time we have to do the things we have not been able to do in the past! If we are on lockdown with our family this is the time to get to talk and learn things about each other. Spend time relaxing and doing things together at home. Play board games, share stories and ideas, work in the garden, do some home repairs together and make time to read. Have a picnic in the garden or on your verandah, bake biscuits or cakes, experiment with new meals and spend time with your animals. They won't know what happened to them—they will think it is Christmas again! They are after all our best friends and don't expect anything but love and attention.

I think it's good for a person to spend time alone. It gives them an opportunity to discover who they are and to figure out why they are always alone.

Amy Sedaris

We don't know how long this is going to last, hopefully not too long, if everyone does their bit to keep each other safe. This is the time to think of others. Don't buy in excess, there are others who may also need the same items, only to find there is nothing on the shelf! This is also going to affect the economy which is already not in good shape. Please work wisely and think of others—family and friends—who may be in need. This is going to take a huge toll on many people and businesses, which in turn will have a ripple effect going forward. LifeLine is available 24/7 but we can also only do what we have been trained to do and that is listen and explore options but you may need more than that.

Keep safe and remember to think of others when you want to take chances! It's not worth it. Enjoy the time with your loved ones.



April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 Mirriam M Robbie (Board)	6	7	8	9	10	11
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19	20	21	22	23	24	25 Rosina
26	27	28	29	30		

May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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10	11	12	13	14	15	16
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24	25 KG/Keke	26	27	28	29	30
31						

June 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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14	15 Masabata	16	17	18	19	20
21	22	23	24	25	26	27
28 Mirriam S	29	30				

Shelter News

The Shelter was provided with a new vehicle—sponsored by the Department of Social Development. We were able to sell the current vehicle, as we did not need two vehicles. This was a Blessing in disguise and came at the right time as we are struggling, financially, at LifeLine. Shirley, Shelter Manager, and Lynn, Shelter Chief Housemother took delivery of it at the LifeLine premises.



STAFF NEWS

Some news from and about staff members and volunteers

Malefu: Congratulations on the birth of your son!

Shirley: Congratulations on the new grandson!

George: Congratulations on the new granddaughter!

Wilma: we wish you all the very best with your health issues.

Zama: Hope the exams went well!

Justin: Hope your exams went well!

Shirley: Congratulations on all the awards you have received through BNI

Linda and Justin: Wishing you the best on the back-capturing of 6 months statistics for the Thuthuzela Care Centre.

Food for thought!!!

Don't spend all of your time trying to FIND yourself. Spend your time CREATING yourself into a person that you'll be proud of.

Sonya Parker

This forced "lockdown" we are experiencing gives us time to really take a good look at ourselves and make time to "re-invent" ourselves if necessary. We can't say we didn't have time to do this or that! We have three weeks to do things differently or to change the way we do things. It is said a habit is developed over 21 days! Maybe it works!

Lifeline's gratitude journal

We are truly living in extraordinary times! With it comes extraordinary people! Our staff and volunteers!! We have certain areas of our Organisation that are classed as "essential" and this has its own challenges like transport issues—to and from work. One of our volunteers offered to do the twice-a-day trip to get the First Responders at the Thuthuzela Care Centre to do their 24/7 duties. Another volunteer offered to man the crisis line for the whole period of 21 days. One of the retirees at the Eventide Old Age Facility offered to feed our feral cats! The Housemother and Social Worker at our Shelter are on duty throughout the period, to assist abused women and their children. Thank you to all of you—really appreciate your willingness!

How amazing is God!

Our Government announced Lock-down from 26 March 2020 and

**Asaiah 26:20 says:
Go home my people and lock your doors, hide yourself for a little while until the Lord's anger has passed!**

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: TFC Professional Consultants
2 Brahms Street, SW5
VANDERBIJLPARK

Community Activities

Wellness Days

LifeLine staff and volunteers were asked to provide HCT services at the recent Wellness Day event held at the Emerald Casino.



LifeLine staff and volunteers are trained to provide pre-test counselling and to do the rapid test. Thereafter post test counselling is offered. BP and blood glucose levels tests are also part of this package. Here are some participants doing the tests and making sure that they are well. TB screening is also offered.



Training

NEWSFLASH!!!!!!

LifeLine Personal Growth and Basic Counselling Skills Course

Our Personal Growth Course in Duncanville, our Basic Counselling skills in Sebokeng and our Counsellor training in Heidelberg have all been put on hold until further notice! Enjoy your time in confinement and we will meet again soon. Stay safe!

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

Tiriso Wellness Centre at the Palm Springs Mall

Tiriso Wellness Centre is very active in their area. They recently held a march against GBV. They dressed the part—as victims of abuse—and took to the streets to show support of the anti GBV movement. They were joined by other organisations including the community member who showed their support as well.



They also took part in an HIV information drive at Naka-Isizwe sethu. They provided information on emotional wellbeing with the emphasis on not to keep quiet about being abused.

Olivia, far right, the Supervisor and some of her volunteers at Tiriso are at the Palm Springs Mall where they do a lot of awareness, handing out of pamphlets, HIV testing and of course counselling.

Our volunteers are volunteers in the true sense of the word—they work, offering services to the community, without any monetary reward. They are committed to wanting to help where they can and are always available to go the extra mile!



FOR INFORMATION VISIT

Website:

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

Facebook:

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

CENTRE'S NEWS



Mamello Wellness Centre—Zone 13 Sebokeng

A new group of community members commenced training on Personal Growth at our Sebokeng Wellness Centre. There are 21 candidates and a very enthusiastic group. The training took place over a period of 8 weeks starting in January 2020 and "Basic Counselling Skills" is currently taking place over a period of 6 weeks, with some members of this group. We have three participants from our sister LifeLine Centre in Krugersdorp, who drive all the way here to participate.



Khensani Wellness Centre at Govan Mbeki Community Centre in Sharpeville



Some volunteers from Khensani provided HCT services (HIV testing and counselling) at a company called Blackmed Health Solutions at Lakeside. This was during the International Women's Day. Mamosa, Rosina and Edith were part of the activities on the day. LifeLine staff and vol-

unteers take part in a number of activities in the Vaal area and not only for HIV but other activities as well.

It's not all work at Khensani! There is also a time to play and celebrate!! The volunteers put together a surprize baby shower for Malefu. It was just in time too, as she gave birth a few days later!



More News

Some residents exercising at the LifeLine Shelter



And some beanies made by the residents at the Shelter



People think being alone makes you lonely, but I don't think that's true. Being surrounded by the wrong people is the loneliest thing in the world. *Kim Culbertson*

Staff Training

During the last part of 2019, 6 staff members and volunteers were sent for "Sandtray therapy" training. This is a skill that can be used for counselling both adults and children very successfully. The required pass-rate is 80% so it is quite rigid. Fortunately we had a good pass-rate for most of the participants.

12 participants from our volunteer base were trained as Peer Educators during March this year. We are continuously trying to up-skill our volunteers and staff with very minimum resources.

Our TCC staff recently received an in-house debriefing session. These sessions are extremely necessary as our staff work with victims of rape everyday and see horrific cases. They were also provided with additional training on "containment" and IPV counselling in order to upskill them in the work they do and cases they come across.

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



Know the true value of time; snatch, seize, and enjoy every moment of it. No idleness, no laziness, no procrastination: never put off till tomorrow what you can do today.

Philip Stanhope

To Isolate and Sanitize

The cholera pandemic of 1863-1875 killed many thousands of people over Europe and Africa. In 1869 Kathleen O'Meara wrote:

“And the people stayed at home
 And read books and listened
 And rested and exercised
 And made art and played
 And learned new ways of being.....
 And the earth began to heal
 And when the danger ended
 And people found each other
 Grieved for the dead people
 And made new choices
 And dreamed of new visions
 And created new ways of life.....”

Our current Covid19 pandemic, and hopefully it passes sooner than later, is an opportunity to take stock of our society and ourselves.

Just as the current norm is to isolate and sanitize, we as a community and individually need to:

Isolate and tackle those conditions and people that cause so much harm, hurt abuse and violence in our families and communities.

Isolate and proactively address the tremendous inequities of income, employment, homes and opportunity.

Isolate and remove those entrenched barriers to fair and ethical practices of every-day living.

To sanitise and deliberately build attitudinal values of respect, compassion and fairness.

To sanitize the family relationships for working and caring parenting and well-functioning families.

As individuals, each one and all, to sanitize our thoughts, feelings and beliefs to build complete wellness.

To sanitize our lifestyle to remove all the blocks, barriers and handicaps the prevent us from being full to own potential.

Collectively and individually this is an opportunity to start afresh. Please make the most of this opportunity!

