



Vaal Triangle & LifeLine Shelter

Chatterbox

Message from the Director—Colleen Rogers

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I always seem to go back to the LifeLine Personal Growth Course when putting my messages into writing! When it comes to counselling methods LifeLine seems to have “used” the Positive Psychology approach. This was not intentional as when LifeLine started presenting (developing) the Basic Counselling course the movement in psychology, known as Positive Psychology, was not even known. People often wondered why the average person was able to deal with what life throws at them, without consulting with a therapist or Psychologist and this is what prompted the search for what kind of psychology was necessary to do this.

During the personal growth course, focus is on the strengths and abilities people currently have and they work to improve and use these to get through what they are experiencing. In other words—developing self-esteem, resilience and wellness. This includes acceptance—of their strengths and weaknesses and any other resources they have, to change or redirect their lives. They can use their abilities to make some changes and with every small success it becomes easier to do more or take the next step. Thoughts and feelings become more positive and the person can tolerate/control their negative thoughts and make better decisions for themselves. These positive activities/experiences encourage them to change what can be changed and move forward more positively.

With positive change comes self acceptance which translates into acceptance from others. It is important for everyone to feel accepted, respected and to feel they belong. Self-esteem is established and they feel connected to their family, friends and community.

Anyone who has participated in the Personal Growth Course will confirm that their lives changed for the better and they felt and took control of their situations after the course. Some major decisions have been made and, in times of crisis, they were able to, not only cope, but prosper!

“I am my own biggest critic. Before anyone else has criticized me, I have already criticized myself. But for the rest of my life, I am going to be with me and I don't want to spend my life with someone who is always critical. So I am going to stop being my own critic. It's high time that I accept all the great things about me.”

C. JoyBell C



April 2021

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------------|------------------|-----|--------------------|------------|-----|-----|
| | | | | 1 | 2 | 3 |
| 4 Naseema Robbie (BM) | 5 Mirriam Makaqa | 6 | 7 | 8 Thandeka | 9 | 10 |
| 11 | 12 | 13 | 14 Moipone John | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 Rosina | 26 | 27 | 28 | 29 | 30 | |
| | | | | | | |

May 2021

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|----------|-----|-------------|-------------------------|---------|-----|-----|
| | | | | | | 1 |
| 2 Phakoe | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 Martha H Shaheeda | 20 Popi | 21 | 22 |
| 23 | 24 | 25 KG/ Keke | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

June 2021

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

Shelter News

Some very good news from our Shelter. We have been requesting funding for the services of a Social Auxiliary Worker for the past 5 years and eventually this has been granted. Welcome Letia Mitane to our Shelter staff!!!

More good news—reported in the previous Chatterbox—was the installation of water tanks. All the necessary connections have now been done and the system is running perfectly thanks to the Rotary Club of Vanderbijlpark, seen here at the official hand over, with Social Worker—Zama, Manager – Shirley– and Housemother—Lynn.



STAFF NEWS

Some news from and about staff members and volunteers

Thapelo—Welcome back in a new position

Shirley—Condolences on the passing of Rod

Wilma - welcome back at work after your surgery –hope all is well!

Maria— Condolences on the passing of your mom

Linda—Condolences on the passing of your dad

Justin—Congrats on your new position

George- Congrats grandpa –new baby boy!

New Staff—Welcome to all the new staff – hope you enjoy your stay with us – your new family!

Food for thought!!!

**Happiness can exist only in acceptance -
George Orwell**

Acceptance can take many forms:

It can be self acceptance—loving yourself

It can be acceptance of others—accepting their differences

It can be acceptance of situations—what you cannot change

It can be acceptance of opinions—yours and others

It is the acceptance of help from others—just say thank you

Acceptance also means making the most of the circumstances –even when you don't like them—and working with the resources you have !

“Some people believe holding on and hanging in there are signs of great strength. However, there are times when it takes much more strength to know when to let go and then do it.”
— Ann Landers

Lifeline's gratitude journal

With any NGO/NPO, your existence is mostly reliant on the generosity of others. LifeLine Vaal is no exception. It is a constant search for funds and funding. LifeLine was very fortunate to receive funds from the Global Fund, managed by Nacosa, for the past 8 years—mainly for the Thuthuzela Care Centre—a one-stop medico-legal centre for victims of Sexual Assault.

Recently LifeLine was fortunate to receive funds, again through Nacosa, from USAID. This funding is specifically for the prevention of GBV and for providing psychosocial services to those victims. The areas to be covered are Emfuleni, Lesedi and Midvaal. New staff have been employed to take on this challenge!

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

Staff Activities!!!

TRAINING

Covid 19 did not stop the volunteers and staff from receiving training. Training provided included HIV Rapid testing services provided by Qondisa Institute. Joyce is seen here with some of the volunteers who attended the training - at the end of the course. HIV testing and counselling is provided at all our Wellness Centres, on request.



Another group of volunteers were provided with Peer Educator training at our Mamello Wellness Centre in Sebokeng. At the same time the volunteers were given a "Train the Trainer" course which they will be able to use going forward to provide training and workshops to the communities in which our Wellness Centres are situated. Below is George with his group!



Training

INSIDE INFORMATION

The Director recently addressed all the staff and volunteers at the Mamello Wellness Centre in Sebokeng, a central venue. There are a number of activities already taking place and others envisaged in the near future. LifeLine has received funding from USAID for a new GBV programme, we currently receive funding from



Department of Social Development and the Global Fund. The current funding is for VEP and GBV programmes and it means more staff and more work in the community. LifeLine tries to empower or promote from within and this is discussed with staff and volunteers so that they are aware of these developments. If we cannot find staff from within we have to look outside of the Organisation. LifeLine also tries to source training and other opportunities for the volunteers in order to empower and skill them. The new programme will be taking place in Emfuleni, Midvaal and Lesedi and is therefore vital that we inform the staff and the volunteers.

NEWSFLASH!!!!!!

LifeLine Personal Growth and Basic Counselling Skills Course

Are you interested in becoming a Volunteer Lay Counsellor with LifeLine?

Have you got the passion for helping your fellow beings?

Are you available during the day on weekdays?

If the answer is yes—contact us for an interview or further information

Contact George on 016 428 1740 for further information and book your interview

FOR INFORMATION VISIT

Website:

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

Facebook:

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

NEWS



LifeLine is in the process of establishing a Centre in the **Midvaal** area. We have been requested to provide services in this area and already the community members make use of our services. While looking for a location we have been participating in various activities. There have been various feeding schemes from the Mayor's office, which we have attended and assisted with. The picture on the right and below is at Sicelo where children are fed weekly—donations permitting. The picture at the bottom right is at a staff function at Pendale Foods, where LifeLine participated in the judging of some activities. LifeLine is currently providing counselling and talks at Lynca Meat. Harvest Fresh, Lynca Meats and Pendale Foods have been providing the food parcels for the community and supporting LifeLine. They are assisting us to find a place which we can use as a centre, where the community can receive services



tom right is at a staff function at Pendale Foods, where LifeLine participated in the judging of some activities. LifeLine is currently providing counselling and talks at Lynca Meat. Harvest Fresh, Lynca Meats and Pendale Foods have been providing the food parcels for the community and supporting LifeLine. They are assisting us to find a place which we can use as a centre, where the community can receive services



More News

Young Warriors

For the past 12 years LifeLine has been taking a group of young men and women—16 years and in Grade 10—to a week long retreat. They are skilled firstly in respect and then how to be Peer Educators in the schools and communities. They are supervised for a year thereafter and provide feedback on their activities/successes! Tremendous feedback is received from them over the next few years



Activities

Some volunteers from Mamello Wellness Centre in Sebokeng carried out an information and awareness session for the students at Samanco Kotulong. During and after the event students who required individual counselling were seen by the Lay Counsellor volunteers. This will be an ongoing event.



Another group of volunteers and staff provided a "Building Community Heart" event in Zone 10 in Sebokeng with a group of ladies. This talk circle event will take place every 2nd month—at the request of the ladies. Various topics of interest to the group are discussed.

Various debriefing sessions have taken place at schools in the Emfuleni area after children or educators have been affected by Covid deaths or accidents at these schools.



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



“The happiest people in life are able to be themselves. But you cannot be yourself, until you accept yourself.”

Jeff Moore

A KEY MIND-SET TO BUILD AND ADOPT

“I accept all that I am” (if no acceptance, it is rejection)

Self-acceptance only becomes real when the terms and conditions are applied; as we are very good at fooling ourselves. Self-acceptance becomes real when:

Without any excuses

Knowing that I am not perfect

The key areas of self-acceptance are:

Humanness: a human being; a unique being of spirit, energy and personality manifested in thoughts, feelings, attitudinal values, gender roles, sexuality and physical capacity.

Coping and behaviours: unique in personal coping and behaviours in making choices in managing self and life.

Strengths: knowing and building on my personal strengths of attributes, abilities and skills that are proven from past experiences. Know that my strengths are gate-ways and stepping stones to growth and achievements. Know too that I have strengths that might still be undiscovered and undeveloped.

Weakness: those weaknesses proven from past experiences can never become excuses. No excuse allows me not be creative in doing better or avoiding it if it becomes a necessity.

Mistakes: these are ever present, and becomes the responsibility not to make the same mistake. Nor can it ever justify becoming static.

Talents: these are gifts to make me unique in my individuality. I even have undiscovered talents to be explored.

My past: to acknowledge my past in all that has influenced and affected me as I am today.

My current situation: the realness of the now in all its ways.

With honest self-acceptance:

I have the responsibility to target and work to find my purpose and reason in this world.

I can be positive, well and happy.

“Don't wait for someone to validate your existence. It is your responsibility” Jasz Gill

George van Schalkwyk March 21

