



Vaal Triangle & LifeLine Shelter

Chatterbox

Message from the Director—Colleen Rogers

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The biggest problem we face these days is the death of “the family unit”. Families are the basic fabric of our society and if that disappears we really have nothing!

Many families are no longer the close-knit family unit that they once were. To change the societal ills we need to start looking within our families. Love is gone, respect is

missing and disregard for the family unit is the way it has become. The conscience of society is the family unit and everything we will learn will start here—in the home! We cannot expect institutions, like schools, to teach our children right from wrong—we have to do that AND we have to set the example!!

It is no longer a case of “do as I say” but it is now “do as I do”. You are the example they follow! The future depends on what actually goes on within the family. Families need to spend time together, living, laughing, eating and playing! Talk to each other—find out how they are feeling, find out what their hopes and dreams are. Spend quality time together, even if there is not enough time to spend. If you want to change the world in which you live—look within because change comes from inside the family!

They say if you really want to get to know someone, spend time with the family, in their homes, because only then will you see who that person really is—how they interact with their family! How you treat your family members is an indication of how you treat other people because how you treat your family, you will not be afraid to do to others! Family teaches you to love without holding back, it shows how important it is to accept people and their differences—no matter how hard it can be.

“The family is the test of freedom; because the family is the only thing that the free man makes for himself and by himself.”
Gilbert K. Chesterton



October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Mapule	4	5	6 Connie	7	8	9
10	11	12 Mel	13	14	15	16
17	18	19	20 Mosidi	21	22	23
24	25 Mmaphatsoane	26	27	28 Paulina	29 Anna Mnguni	30
31 Keletso						

November 2021

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

December 2021

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

Shelter News

The Housemothers and Cooks at the LifeLine Shelter were treated to a cooking course with Department of Social Development. They travelled daily to Westonaria where they honed their cooking skills.

It seems a good time was had by all who attended.



Hopefully we will be getting some really great new recipes and the residents will all benefit! Hope they invite the staff to lunch soon!

STAFF NEWS

Some news from and about staff members and volunteers

Cynthia—Congratulations on getting a position at LifeLine

Keke—Congratulations on your promotion to Programme Manager for the USAID programme

Shirley - Enjoy your holiday in December in Australia

Lynn - so sad to hear about the loss of your furry friend after so many years

Madeleine - Hope you are on the road to good health—we miss you

Food for thought!!!

Some humourous quotes about family—the most important and supportive group you could have in your life!

“Happiness is having a large, loving, caring close-knit family in another city!” George Burns

“Families are like fudge—mostly sweet with a few nuts!”

“Family ties mean that no matter how much you might want to run from your family—you can’t!”

“The informality of family life is a blessed condition that allows us to become our best while looking our worst” Marge Kennedy

“The bond that links your true family is not one of blood, but of respect and joy in each other’s life”

Richard Bach

Lifeline’s gratitude journal

LifeLine and Thusong were the lucky recipients of Gift Bags for new mummies and their babies. The gifts were donated by **The Grace Factory**. The gift consists of necessities for the birthing visit to the hospital. There are items for mommy and clothes for new-born baby. In the picture is Daisy from Thusong and Colleen from LifeLine with four trolleys of gift bags! We are very Blessed to receive various donations on a regular basis from various donors! We always have a recipient for whatever it is we receive!



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!!!

Solidarity Fund

Lifeline was recently funded by the Solidarity Fund and we used those funds to provide a Positive Parenting Course to 20 local residents in Sebokeng. The course is presented once a week over a three week period and a fourth session a month later. At the fourth session feedback is given and received as to how they have managed with the new knowledge. At this final session a customised T-Shirt and certificates are handed over.



After receiving their T-shirts!!!



Training

Staff Opportunities

It is LifeLine's policy to provide any opportunity to up-skill their volunteers and staff. Quite some time ago a group of volunteers were given the opportunity to undergo the HIV Rapid Testing Course. The course is intensive and carried out over a two week period followed by a series of practical tests under supervision of an RN. Due to the Covid Pandemic it was not possible for the qualified participants to receive their certificates! Fortunately just recently this was able to take place. The presentation took place at the training venue in Sebokeng.



More opportunities were provided to promote Keke Nkabinde to Programme Manager for the USAID GBV Programme and to offer Cynthia Mohosho a paid volunteer position at the Mamello Wellness Centre in Sebokeng. These positions are fixed term contract positions but we hope that they continue!

Congratulations! Let's hope we can give more volunteers these opportunities!

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 BOARD 2021/22

At the AGM on 22nd September 2021 the new Board was announced:

- Jacques Loots—Chairman
- Hannes Strydom—Treasurer
- Ingrid McCloen—Secretary
- Robbie Reid—Member
- Sabie Mashigo—Member
- Lerato Modise—Member
- Yvonne Macky—Member

Congratulations and may you have a very good and exciting year with LifeLine!!

DEBRIEFING/TEAM BUILDING FOR USAID STAFF



The USAID fieldworkers have had a rough time during the past few months. They had huge targets to achieve and were thrown in the deep end! They have been facing a number of challenges while out in the communities and we thought it time for some interventions. They were surprised with a debriefing/team building exercise when the Supervisors from the Khensani and Tiri-

sano Wellness Centres took them through and exercise where they had to work on a task, together as a team, but the twist was that they were blindfolded during the whole teambuilding exercise!!

It was a challenge for them and they struggled but I think it was enjoyable!



More News

FUNDING!

LifeLine was fortunate enough to receive another funding opportunity from USAID. The funding is for another year and is focussed on GBV prevention and Psychological assistance.

We will be, once again, working in Lesedi, Midvaal and Emfuleni.

There are two training programmes targeting girls between the age of 15—19 and another training programme for both males and females between the ages of 15—49 years.

We are working with various partners who offer additional services to these groups.

FHI360 GBV Awareness

LifeLine recently joined hands with FHI360, one of the partners in the USAID GBV Programme, at the Kotulong CYCC in Meyerton. The event was held at the Kotulong Community Centre and the young boys and girls were entertained and provided with information on GBV.

Keke Nkabinde, Programme Manager, and Paulina Kgaole, GBV Ambassador for the USAID were the speakers on the day. Both these ladies are really good speakers and are able to keep the audience interested in the topic.



This event was part of the Heritage Day celebrations.

Well done ladies!



LifeLine

Vaal Triangle

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Avondrus/Eventide Old Age Home

P.O Box 20

Arcon Park 1937

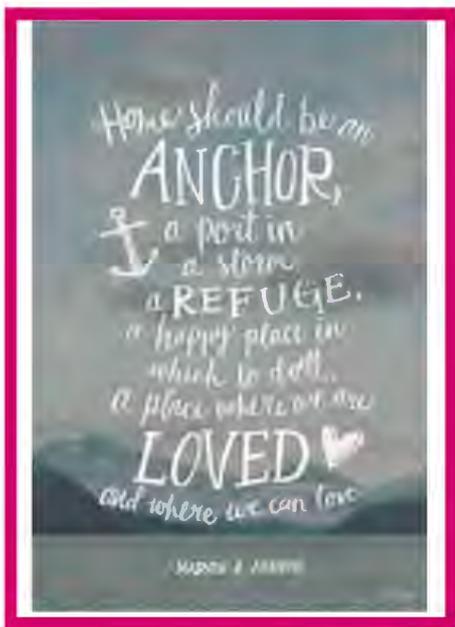
Tel no: 016 428 1740

National Crisis no. 0861 322 322

Crisis line: 016 428 1640



Building Community Heart



FAMILY—PLACE OF ACCEPTANCE, RESPECT AND FORGIVENESS

By Pope Francis Sept 13 2017

(adapted with the word "acceptance" and "respect" added to forgiveness)

There is no perfect family

We do not have perfect parents, we do not marry a perfect person or have perfect children

We have complaints from each other. We disappoint each other

So there is no healthy marriage or healthy family without the exercise of acceptance, respect and forgiveness

Acceptance, respect and forgiveness is vital to our emotional health and survival

Without acceptance, respect and forgiveness, the family becomes an arena of conflict and a stronghold of hurt

Without acceptance, respect and forgiveness, the family becomes ill. Acceptance, respect and forgiveness is the anti-septic of the soul, the cleansing of the mind and the liberation of the heart.

Whoever does not accept, respect and forgive does not have peace in the soul or communion with God. Hurt is poison that intoxicates and kills. Keeping heartache is a self-destructive gesture.

Those who do not accept, respect and forgive are physically, emotionally and spiritually ill.

That is why the family must be a place of life, not death; the territory of cure and not illness; a stage of acceptance, respect and forgiveness and not guilt.

Acceptance, respect and forgiveness brings joy where sorrow has produced sadness; healing where sorrow has caused disease

