



Vaal Triangle & LifeLine Shelter

# Chatterbox

Message from the Director—Colleen Rogers

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There has never been a more apt time to think about family and fellowship! We have had a really tough year—all of us—family, friends and colleagues! It is also that time of year when family and friends get together to share fellowship and love.

Sadly many people have lost loved ones and colleagues, and mostly unexpectedly, and suddenly, without the chance to say goodbye. This is the time to make sure we share good and quality time with family and friends. There's never been a better excuse—it's the festive season!

Take the chance to make amends and say sorry and tell them you love them. We don't know when fate will change that and we don't get another chance. It's a time to be happy and merry and make amends where necessary!

Get in touch with lost friends and family— life is too short to worry about what has been—move on to make more new memories. Enjoy the friendships that you have made—rekindle the old ones! Most of all be friends with your family—they are the ones who will “have your back” when the time comes—and believe me—it does!!!

Let us all enjoy this time when it should be “goodwill towards men” and take the first step to making your space a better place.

The only change you will see is the change that you will make—others will follow suit.



# January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Lyn, Jabu Thapelo	4	5	6 Nosipho	7 Gloria	8 Fakazile
9	10	11 Antonette	12	13 Anmar	14	15
16 Thandeka	17	18	19	20	21	22
23	24	25	26	27 Mamosa	28	29
30	31					

# February 2022

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

# March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 George	2	3	4	5
6	7	8	9 Melusi	10 Justin	11	12
13 Letia Gerda	14	15	16 LeratoT	17	18	19 Shirley
20 Innoctentia	21 Yvonne BM	22	23	24	25	26
27	28	29 Nthabiseng O	30	31		

## Shelter News

*LifeLine Shelter endeavours to upskill their residents while they are resident there. We look for any offer of skilling and take offers coming to us, especially if they are free!!! These ladies need to become skilled in order that they can become self sufficient and move on with their lives.*

*The Department of Social Development assists in this regard from time to time.*

*The latest group of ladies attended a training course on nails. They practiced on all the Shelter staff so everyone is sporting beautiful nails!*

*Here they are with their certificates - with Social Worker, Zama, on left and Social Auxiliary Worker, Letia, on the right! Well done ladies!*



## Food for thought!!!

There is a huge need for counsellors in the schools. Our children are under a tremendous amount of stress. This comes from their homes, pressure at school, peer pressure and the general situation in the country—Covid, violence, uncertainty of the future, bullying and many other issues.

LifeLine does not have enough volunteers, who can be trained as Lay Counsellors, to be able to support these schools.

If you are available during the day and would like to be trained as a Lay Counsellor, offering your services as a volunteer, please contact Colleen on 016 428 1740 for more information.

We re-open on 5th January and would love to hear from you.

There is a new project commencing in the new year and we would really like to be able to assist these children and, of course, their parents, as the issues carry over into the family.

## Lifeline's gratitude journal

It's that time of year when we look back at the year that has been and give thanks to all our staff and volunteers for having given of their time and skills so selflessly. We need to thank their families as well—for allowing them to be of service to LifeLine and all our clients. They all go the extra mile and try to do the best they can for the clients and sometimes at the expense of their own time. These are very special people and we work with people who are very traumatised and who need someone to really listen and assist in which ever way possible. Even though we are all trained to deal with these issues, we are only human and can be affected. We have to take care of ourselves as well and, fortunately, most staff members are there to listen and support those who counsel. Once again thank you to all the volunteers and staff for the wonderful and sometimes unseen work you do!

## STAFF NEWS

### Some news from and about staff members and volunteers

**Sylvia**—Hope your roof gets sorted soon!

**Linda**—Enjoy your mom's (from Madagascar) visit!

**Suzette**—Congratulations on buying your car—hope you have happy travels!

**Zama**—Hope you fully recover after your operation! Welcome back.

**Martha, Melissa, Paulina and Keke**—Hope you have all recovered from the Covid and are healthy and fit!

**Linda**—enjoy your holiday in Durban with the family

**George**—Enjoy time with your brother.

**Sometimes we need someone to simply be there!**

**Not to say anything or to fix anything, but to let us know they are on our side and that they care for us!**

**Brigitte Nicole**

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](http://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!!!

## GBV awareness activities in Lesedi –Heidelberg/Ratanda

Lifeline has recently opened a Centre in Ratanda. Still very understaffed but hopefully this will change in the new year. We are also providing 24/7 First Responders at the Ithembalethu in Heidelberg at the Heidelberg Hospital. A dedicated Social Worker is also on site.

Lifeline handed out flyers and pamphlets to community members and joined with Sanca in the area during the GBV awareness activity.



## Training

## 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

## Lifeline Dedication and year-end function

Once a year Lifeline celebrates the dedication of new counsellors, years of service and this function is combined with a year-end function. 2021 was no exception. The Riviera Hotel provided Lifeline with the venue and lunch—thank you so very much! New Counsellors receiving their certificates after a year of probation. There were 4 people who received a 5 year certificate and 2 who received a 10 year certificate. There were 80 staff and volunteers attending the year-end and dedication function on 3rd December.



It is the one time that all staff and volunteers are able to join together in fellowship.

Shirley receives a 20 year service certificate from Jacques—our Chairman. Feels like yesterday that you started at Lifeline!



## FOR INFORMATION VISIT

### Website:

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

### Facebook:

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

# NEWS

## Some awareness activities from the Sebokeng area



Dialogues were had with men's groups, marches where flyers and pamphlets were handed out and GBV was highlighted by the showing of boards and song.



Every year from the 24th November until 10th December most NGOs create some form of awareness around GBV. LifeLine has been very busy in various communities highlighting this scourge! Some Awareness was carried out by LifeLine and some with other NGOs. There were mini-marches, presentations and the handing out of flyers and pamphlets. The staff at the Kopanong Thuthuzela also took to the streets from the hospital, along Leeuwkuil and culminated at the Checkers in Arcon Park.

All in all we have been very busy during this period, highlighting GBV.



Some pictures from GBV awareness activities in the Midvaal area., joining with Jamela



## More News

### In Orange Farms and Palm Springs area

Awareness activities took place in



Orange Farms—they talked about GBV, teen pregnancy and alcohol abuse with those present at a number of venues.



### Activities in Sharpeville

A GBV activity took place at the Human Rights Precinct where the MEC, Nomantu Nkomo Raleho, known also as Mama Action, provided the Key Note address. Our USAID GBV Ambassador provided a testimony on her GBV experience which the audience really appreciated. The MEC gave a standing ovation.



Other activities included handing out of clothing to some of the community members as part of the awareness campaign.



The LifeLine Centre staff and volunteers set up a table on the perimeter to provide the locals with information and pamphlets. A mini march took place highlighting GBV.

This centre is also a very busy pick-up spot for providing the locals with their chronic medication from DOH.

## LifeLine

## Fellowship Centred

### 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**



**Life was  
meant for  
GREAT ad-  
ventures  
and  
CLOSE  
friends**

Some real realities at this current time. Firstly, we all are entering a festive period and a new year. Secondly, we are all in the throes of a new normal; and it has not left us unaffected; our lifestyles of work, socialising, recreation activities, our relationships in families, colleagues, friends and daily acquaintances have all been impacted.

We have responded and reacted to this new normal. In some ways we have accepted it, and in other ways it has left us frustrated, resentful and rebellious to the varied restrictions and constraints on universal freedoms. It is imperative that at this time, we all have to become centred in fellowship. It is a mind-set; and it does not cost money!

Fellowship is defined as, "a friendship association, a companionship amongst a collection of people." Thus you are begged to make a conscious adoption of a mind-set of fellowship at this time.

Spend time with your significant people that you are able to, without agendas, be role free to make it quality time and precious. Make good relationships better, and the lesser ones, working ones. Come to terms with those that separated and are distant, and use your platforms to maximise the fellowship. Spread this fellowship to all at every opportunity. Create a routine of activities and events that are fellowship centred. Have time for banter without posturing. Do fun and silly things. Relish the time and activities of chores, making food and enjoying the meals. Spend time outside. Play with kids, animals and fun games.

Know this! If you decide to adopt this fellowship mind-set; it means you have the intent and regard for significant others to change things. You can and will be the catalyst to kick-start a difference to really live and enjoy. Sadly, if you don't, it will be no different and remain laborious, boring and a drag.

Again you are begged; try it and make a difference at this time when it is most needed.

