



Vaal Triangle &
LifeLine Shelter

Chatterbox

Message from the Director—Colleen Rogers

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Life is actually good! We each have a lot to be thankful for. At LifeLine we do a large amount of counselling—via telephone, face2face and email. When we look at what other people are going through we are very grateful that we have our own issues and not theirs! If we throw all the issues, we come across, on the table—we will still take our own!

Times are very tough and they do not seem to be getting any better. We thought after Covid we would be able to pick up the pieces and carry on but that has not been the case. Companies are taking a lot of strain, having lost revenue and still losing revenue, due to load-shedding and are therefore also cutting down on staff. It is a terrible situation and there seems to be no end in sight! Spare a thought for those who are going through tough times. Help your families and neighbours, where you can. If you witness hardships, try to assist, as any small gesture will make a big difference. There are people asking for dog and cat food for their animals because they cannot, otherwise, afford to keep them! The animal shelters are full to capacity and they, too, are struggling to keep afloat!

I read, once, about a town where a certain colour ribbon was tied around a tree outside the homes where there was a need. People responded by providing for those people either anonymously or asking what help was needed. I thought that was a wonderful idea and wonder if that would or could work here? Even if it was just in your street! If the neighbours in that street assisted in that fashion it would really be a great idea and we would know where the need was!

In the meanwhile all we can do is be thankful for what we have and try to help others where we are able. It is difficult, as we are all really trying to tighten our own belts but if we just think twice about not spending on our “wants” and rather on our “needs”, we may find that we are able to spare a little to help others. It is truly a wonderful feeling to know you have made a difference to someone’s life and it does not take a lot from you—as every little bit helps! Even a smile helps! I’m sure you have seen the signs on display—“R2 or a smile”!



October 2022

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

November 2022

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

December 2022

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

Shelter News

We always say that every day at the Shelter brings something new. We never know what the day will hold. We have had a number of women and their children accessing the Shelter services during the last few months.

We have had numerous changes in staff during the last few months. One Housemother retired at the end of February and she was replaced. After a few months the new Housemother's husband had to relocate out of the areas and unfortunately, just as she was enjoying the work, she had to resign. We replaced her with Kotie and started to relax but then unfortunately another Housemother, Wilma, passed away. It has been a horrible time for our Shelter. Only the Chief Housemother, Lynn, has been the stable one

They, however, continue to provide the services to the residents. The Social Worker and Social Auxiliary Worker continue to provide psycho-social services to the residents as well as those who need help outside of the Shelter. They go to court, take the ladies to clinics, see to the needs of the children, apply for ID documents and deal with the various issues around the residents SASSA cards.

Food for thought!!!

Why is it that we always want? We are never satisfied with what we have—always wanting more! But are we using what we already have to the fullest? What is the more we are wanting? Is it to assist ourselves, families or relationships? Are we trying to impress? To keep up with the Joneses?

It is good to better oneself and to put what we learn to good use but, while doing so, remember not to abuse or disrespect others! Make use of opportunities, don't let them slip by—don't procrastinate! But make sure you "want" for the right reasons.

LIFELINE'S GRATITUDE JOURNAL

As LifeLine Vaal Triangle, we have so much to be thankful for! After 39 years we have had our ups and downs—we have even closed our doors!! In 1998 we had no funds and could no longer continue to provide the services and closed for 3 months until a good Samaritan, Richard Dixon from Dixon Batteries, came to our rescue. He found our current premises, paid the rent and telephone for a year until we found our feet. We have managed to sustain ourselves, although at times it was scary as funds were very low but somehow we have managed. Donations and funding came in at just the right time!! Without donations and funding we cannot manage. We constantly need non-specified funds to be able to continue to provide our services. Funders are very specific about their funds and there is usually no extra in that regard.

STAFF NEWS

Some news from and about staff members and volunteers

Pinky— Congratulations on your daughter's graduation

Zama—Congratulations on your daughter's graduation

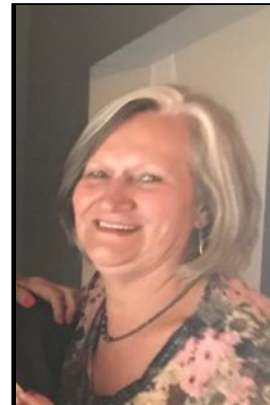
Keke—Congratulations on your daughter's graduation

John—Congratulations on the new baby

Welcome to our new staff members:

Veronica Mkhawane, Ramasela Mokhudu, Alson Ngoveni, Aaron Maepa and Mamiki Ratau. Hope you enjoy your time with the LifeLine family.

Congratulations to all the staff who joined the Facilitator team in Lesedi and Emfuleni.



Goodbye

Sadly, we said goodbye to Wilma, Housemother at the Shelter since January 2019. Wilma was diagnosed with cancer a couple of years ago and after having a mastectomy and getting over that, she was diagnosed with a tumor on the brain just two weeks before she passed away on 10th September. She will be sorely missed by the staff at the Shelter and the LifeLine staff. Always smiling and willing to help with anything asked of her. She loved her job at the Shelter!

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
Current Account no: 1748320750

Auditors: TFC Professional Consultants
2 Brahms Street, SW5
VANDERBIJLPARK

Staff Activities!!!

The ladies from the VEP unit of LifeLine joined hands with Correctional Services at the Boiketlong Christian School



in an awareness campaign. The team provided a number of learners with sanitary pads during this visit. A total of 737 learners were provided with information on the services offered by LifeLine. Information was also provided to the learners on the services

rendered at the Thuthuzela Care Centre. The learners were provided with snacks, which went down well.



Training

Our Mamello Wellness Centre in Zone 13 in Sebokeng has been very active during this last quarter!! They held a women’s dialogue at their Centre during August.

A group of women from the community attended. The topic was GBV and the relevant staff at Mamello provided this information. Questions such as



“what is abuse”, “how to recognise abuse”, “what types of abuse are there”, “what to do about abuse if you are being abused” and “where to go”

were discussed. LifeLine’s services were also provided. These included the LifeLine Shelter, services at Thuthuzela Care Centre and all our Wellness Centres.



Some staff members attended the Methodist Church in Sebokeng to address the parishioners on the services which LifeLine can offer the community such as a Shelter for abused women and the services at the Thuthuzela.



NEWSFLASH!!!!!!

LifeLine Personal Growth and Counselling Skills Course

Basic

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>

Please note

We have a 'roaming' Social Worker who provides services and will be able to assist with social issues at our Wellness Centres during the week.

Martha Mbokazi moves from our Wellness Centre to Centre—Sharpeville, Evaton, Duncanville and Sebokeng—on certain days of the week. The Supervisors will make appointments for those who would like to see Martha on the days she is at that particular Centre.

Martha can also attend to those who walk in—with no appointments - if she is at that centre.

Martha is also available to provide awareness and talks in the communities and she is assisted by a Social Auxiliary Worker

NEWS

As usual in July, specifically the 18th, our staff participate in various activities for Mandela Day. The VEP group went to the Ethiopian Church in Small Farms at Evaton and cleaned the church. They chatted to the elderly who were at the church. They also had a group session with a group of men—addressing them



on GBVF, domestic violence and rape. The information on various types of abuse was provided to the men, making them aware that abuse was not just a physical act but much more.



Information on the services that LifeLine offers was provided. Lunch was enjoyed by all those present and it appears a good day was had by all! And the church was spick and span after they had cleaned and the men were informed!



And More News

AGM

LifeLine held it's 39th AGM on Wednesday 21st September. It was very short and sweet. Daniel Tharratt—GM of Riviera Hotel—delivered a short talk before the AGM opened.



Another 67 minutes activity

Our Mamello Wellness Centre in Sebokeng decided to do their 67 minutes for Mandela day at the Sebokeng Old Age Home. The team interacted with the elderly and provided everyone with oranges while they continued to clean. Information on the to offer was staff.



LifeLine

Vaal Triangle

Office: Monument road, Duncanville

Avondrus/Eventide Old Age Home

P.O Box 20

Arcon Park 1937

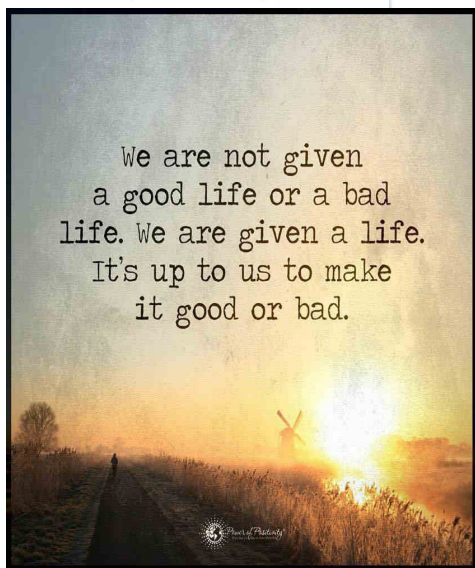
Tel no: 016 428 1740

National Crisis no. 0861 322 322

Crisis line: 016 428 1640



Mental and Emotional Health for all



Why is it that.....

- We have taller buildings, but shorter tempers**
- Wider freeways but narrower points of view**
- We spend more but have less**
- We buy more but enjoy less**
- We have more conveniences, but less time**
- We have more money, but less sense**
- We have more knowledge, but less judgement**
- We have more experts, but more problems**
- We aspire to advanced sophistication, but forget the basics**
- We regulate rights and freedoms, but gain more unfairness and inequities**
- We want power, influence and control, but too often to exploit and abuse**
- We follow traditional beliefs, but live a wayward lifestyle**
- We build fancy houses, but so many broken homes**
- We want life partners, but separate so easy**
- We want offspring, but too often fail them as parents**
- Perhaps. Perhaps. Perhaps**
- We should rather build specific attitudinal values and behaviours**
- Build and take back a sense and practice of compassion, caring and love for others, - an unconditional positive regard**
- Build the magic of a universal and natural law of justice – that of respect**
- Respect for every being's: personhood, their unique identity, their roles, their thoughts, feelings and beliefs, their bodies and their possessions**

