



# Centre of Hope Centre of Hope

AGM 2007 - 28 November 2007



## ***A Warm Welcome***

Dear friend, welcome to the Annual General Meeting of the Centre of Hope. This organization has been brought into existence to, as our motto says "transform our communities for the glory of God." My sincere prayer is that this meeting would be viewed as an instrument of service that would propel not only our thinking and destiny, but that of the broader people, which includes the religious fraternity into all God has in store for us. Dit is baie koud daar buite waar mense by tye vergeet word, die Centre of Hope wil u met warmte verwelkom en sê dat u is belangrik en bid ware seën op u toe.

Kom wees saam en werk saam! Hartlik welkom by u algemene jaarsvergadering.

Mark Le Fleur – Direkteur

## ***Agenda***

1. Opening Prayer and Exhortation
2. Minutes of previous Annual General Meeting
3. Reports: Chairperson and Director
4. Financial Statements and appointment of Auditors
5. Elections
6. Presentations

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## 1. From the Chairperson

It is a pleasure to present a report on the activities of the management board for 2007. The responsibility of the management board in relating to the continuing growth and increasing development of the activities of the Centre of Hope has been challenging and also promising. The workload of the management board, largely borne by the director and treasurer has increased in its scope and become much more demanding, requiring the director and the treasurer to contribute many additional hours of focused attention upon their enlarged areas of responsibility.

From a management board perspective, the securing of much needed external funding from different sources was gratifying. The funding enables us to seriously impact the much needed social upliftment within our desperate communities by implementing existing and government-aligned outputs. In reality this accomplishment is soon overshadowed by the demands for regular financial accounting, administration and reporting disciplines on the implementation of the strategic programs. The resultant outputs of the ministry and associated services provided by the Centre of Hope by no means reflects the concerted "behind the scenes" efforts made to sustain the ongoing activities. The commitment and support of the entire management board is commendable and highly appreciated.

We need to remain mindful of the real heroes of the day, the passionate volunteer workers and their teams who carry a burden for and are interacting with the community at grassroots level, speaking, touching, feeling and making a difference in the lives of precious people. We need to ensure that they are accorded due recognition, respect and appreciation and empowered to accomplish their vision and to retain their invaluable participation.

Acknowledgement and appreciation is extended to all other role-players with whom our various ministries network. We still have a long way to go and will endeavor to embrace the necessary challenges together with all who share the common goal of transforming our communities for the Glory of God.

**ALBERT WIGGINS**  
**Chairperson**

## 2. From the Director

Today NGO's finds themselves in a plethora of challenges both from the community that they serve, the networks with government and businesses that are constantly being forged and the religious setting that they are in; but none so demanding as the direct injunction from the very words of Jesus in Matthew 25:43 *"you did not do it to Me"*. The inference of these striking words simply means, we left Jesus hungry, thirsty, cold and lonely! ... if we fail to heed His word.

The Centre of Hope exists to shine the Light of hope into an otherwise dark and dreary society. We exist to face the spiritual, mental and physical challenges head on as presented by fallen humanity. It is for this reason that I believe the Centre of Hope will continue to be a relevant and prophetic voice to its surrounding communities. At the coal face of human suffering, violations of dignity and abject poverty, we at the Centre of Hope, whilst not attempting to replace any church, have a found an affiliate with Logos Assembly of God and have embraced the same Gospel to minister into these areas of need. Those who dare to step out into this field have found it strewn with obstacles and landmines, yet with much promise! It is indeed not a ministry for the faint-hearted or for those wishing to carve out a comfortable ministry nest.

I express sincere thanks to Rev. Albert J.S. Wiggins of the aforementioned congregation to which we owe much gratitude for availing the facilities and staff to operate the Centre's various services. Furthermore to the management board who kept a watchful eye on developments during this year – we thank you. Your tenure on the board is appreciated. To the full compliment of staff and volunteers – you are the true heroes. I graciously salute you! To our partners and donors, our communities say thank you! Thank you for every gesture that relayed the message that someone cares.

Transformation of any community is a lengthy and time consuming process. No matter the amount of money provided or even the skills level of our workers, we cannot hasten the change of a poverty ravished community from that of dependency to self-sustainability.

Patience would be a virtue most appropriate at this juncture of our existence.

I now briefly report on the following:

### **1. The R300 project:**

The funding received from the Department of Social Development provided a welcome relief to an already stretched budget. This project surely tested our readiness to embrace challenges at grass roots level and our ability to make alterations to an established service delivery model. As such, we were presented with the following outcomes to be delivered over a 15 month period:

1. Provide family support to youth, family and elderly.
2. Support to HIV/AIDS sufferers for prevention and care
3. Strengthening, protection and restoration of family life
4. 500 Adults, youth and children to be involved in substance abuse programmes
5. 200 Mobilising and empowerment of 200 youth for independent functioning
6. Empowerment of community with knowledge and skills to decrease and prevent substance abuse
7. Provide training to generate income and decrease poverty for 300 families

Coupled with the reality that over and above these outcomes; the need to address substance abuse, vulnerable children and women abuse were superimposed that further stretched us in these areas.

Even though a lengthy 48 page report has been produced that highlights progress across these areas, all will agree that we are far from reaching the targets set. Money still needs to be spent on training and other glaring areas of need. It is my appeal to all stakeholders to put shoulders to the wheel and make a concerted effort to channel the funding appropriately.



### **2. The services to schools:**

Over the period 3<sup>rd</sup> August – 26<sup>th</sup> October, life skills training have been provided to Matroosbergweg Primary School by volunteers. The average attendance ranged

from 30 – 40 pupils per session. Topics dealing with spiritual and human values, sexuality, HIV/AIDS and puberty have been highlighted in these sessions. The relationship with the school dates back to about 2004 when volunteers started to present life skills training at the school. The ongoing challenge will be to maintain the relationship with the current school and to expand this to other schools and lastly to ensure that funding will be available in the future.

In addition to life skills offered, a weekly feeding program saw to the physical needs of our learners. With the assistance of Grace Feeding Scheme, soup was prepared and distributed from the kitchen. This coupled with the skills imparted, provides an ongoing model for community upliftment not just now but more especially into the future.

Whilst appreciation is expressed towards intermediaries, 2008 beckons a challenge to all to provide our own channeling of food towards the community.

### **3. Services to the Elderly.**

The continuing ministry to the elderly in our community has seen the official launch of the service this year. The activities of the 25<sup>th</sup> – 26<sup>th</sup> September attracted much attention from the community and we were graced with many community leaders being in attendance. The acquisition of sewing machines would see this ministry become a conduit for income and I'm confident that 2008 would see a move towards that.

This ministry holds tremendous promise for the ongoing service to our precious seniors and I eagerly await the day when the rich memoirs of many would have been authored for future generations.

### **4. Voluntary Counseling and Testing.**

Funding received from the Department of Health placed 21 people in the field to combat the scourge of AIDS. Amongst these were professional nurses, assistant nurses, lay-counsellors, a project leader and a logistics manager. VCT testing and AIDS awareness was conducted at tertiary institutions, factories and schools.

We at the Centre of Hope will continue to minister into this area of need. According to a well-known web site, *an estimated six million South Africans are expected to die from Aids-related diseases over the next 10 years. Based on the Department of Health's national ante-natal survey, involving anonymous testing of pregnant women at state health facilities, an estimated 4.5-million South Africans were living with HIV in the year 2000.*

The staff's continued education and debriefing sessions has kept them in good shape to stand and make a difference in our communities.

#### **5. Prison Ministry.**

Affording us the opportunity to play a role in the reintegration of released inmates from our correctional facilities has seen this service extending mostly towards those outside our immediate community. It is for this reason that a change was warranted and hence the Centre of Hope had to part with ministry after a short stint under the umbrella of the Centre. We at the Centre of Hope will continue to explore various means to play a meaningful role in the reintegration of such released inmates and thereby work towards the restoration of families.

*I conclude* by thanking our heavenly Father, the management board, especially Mr. Eric Arendse who work tirelessly to keep our fiscal performance in tip top shape, René Curnow for the assistance with administrative tasks, Praline Fisher for keeping the facilities clean. I also thank Beulah de Vos for her labour whilst being part of the Centre. Nicky and George Booysen who overwhelmed us with their enthusiasm to make a dent in the HIV/AIDS pandemic. Loretta Joseph, who timeously came to the Centre of Hope and showed that we were not hitting the R300 ground running, but needed to understand how to "run effectively" and knowing the "soil we work with".

The Centre of Hope cannot exist without the committed hearts, heads and hands of people. In the spirit of ubuntu, a saying that comes from the Xhosa culture: "Umntu ngumntu ngamntu." This means that I am a person through other people. It means that my humanity is tied to yours – let's build therefore in togetherness.

I thank you!

**MARK LE FLEUR**  
**Director**

### 3. About our Seniors Citizens ...

**G**reetings in the name of Jesus Christ, our Saviour. I want to thank God for a wonderful year. This is our 8th year of existence.

We want to thank our seniors for their faithful attendance every Thursday. The seniors always played a major role in the successful fundraisers, and this year was no exception. We want to express our sincere appreciation to the Management Board of Centre of Hope for their financial assistance. This year's activities consisted of arts and culture, beading, sewing and painting. We were able to buy 4 sewing machines and 1 over locker machine.

We had three workshops this year which were very fruitful and informative. A rally was organised in July 2007 which included seniors from others clubs in the community. This successful event was well attended and a decision was taken to make it an annual event on our programme.

Transport is still a great need for many to get to the meetings. James Cornelissen has joined us and we thank the Lord for enabling him, along with many others to attend the meetings. Three new members joined this year.

The committee express their appreciation to those who contributed to the ministry.

Yours in the Master's service.



**GERALDINE DANIELS**  
**Ministry Leader**

#### 4. About those in Prison ....

**G**reetings in the precious Name of our Lord Jesus Christ. All honour to God for enabling our group to be of service at Pollsmoor for the period Jan 2007- August 2007. The latter part of the year the group returned to be under the banner of Logos Assembly of God Belhar.

Eleven people are visiting the prison on a monthly basis. P. Saulten, A. Jacobs and B. Hendricks ministered to the men through the preaching of God's Word. A. Jacobs, K. Bell, P. Fisher, S. Scholtz, C. Davids, C. Daniels, B. Adonis and I ministered in song and testimony.

We also had workshops on HIV/AIDS and Life's Journey. One-on-one counselling took place on a regular basis.

Highlights for the year:

- Souls being saved for Christ
- Released brethren still serving God outside of prison
- Released inmates testifying at the 4 combined prison services at different venues.

One of our future objectives is to the establishment of a half-way house for released inmates.

**R. BOTMAN**

**Ministry Leader**

#### 5. Life skills presented...

**T**he Life skills program was presented at Matroosbergweg Primary School by the volunteers Roseline Botman and Sarah Scholtz in the absence of Mark Arendse. Topics were discussed with life skills teacher in conjunction with the curriculum.

What did we do?

22 Workshops with grade 6 and 7 respectively.

Attendance : 124 learners

Dates : 3, 10,17,24,31 August  
7, 14 September and 5,12,17,26 October

The following topics were discussed.

- Relationships : 3xT 3XR 3xC
- Values e.g. Assertiveness
- Puberty : (a) Physical changes of the Human body  
(b) Who am I?  
(c) Golden Rule: Do unto others  
(d) Emotions
- Sexuality : (a) Choices  
(b) Reproductive Organs (Male & Female)  
(c) Ripple effect of choices
- HIV and AIDS : 4 Stages, Healthy living, Abstaining from sex before
- Marriage : The Stigma Rap as practice for World AIDS day.
- Needs and Wants : Needs Pyramid

Highlights:

- Good relationship building between learners and staff
- Steadfast growth and change in learner's behaviour.
- Positive feedback from learners e.g. Lessons had impacted and changed lives. What they have learnt which will have a practical affect on their lives.
- Vote of thanks and appreciation received from the principal and an invitation to be of service to the school for years to come.



The way Forward:

1. To be of service in 2008
2. To see learners skilled in I.T programmes
3. Visitations to parents of learners to meet the output concerning strengthening, protection and restoration of family life
4. To have available funding for the future
5. Expanding life skills training to other schools in the area

Yours in the Master's Service

**R. BOTMAN**

**Ministry Leader**

## 6. About counselling ...

**W**arm greetings in Jesus Name.

The counseling service exists to cater for the counselling needs of both the church and the community at large. It is to be the ear to those in need of various forms of counselling.

As mentioned in the past, the counselling ministry is not something new to our church and community, but its current format promises can be more effective and I am eagerly looking at both the church and community to grow into it. The attempt to introduce counselling after hours didn't work well and I believe it will take time before people get used to the format of the ministry. One of the other challenges faced, is that most if not all of the counselors belong to Logos AOG church and are part of leadership. This makes commitment at night or after hours very difficult because of their personal schedules. Currently counseling is concentrated around providing pre- and post counseling to people who approach the clinic to know their status.

The immediate need to form support groups will result in more counselling being administered within our community. It remains a big challenge to make the service more visible and to create a warmer and people friendly environment from which counselling can be conducted.

I'm hopeful for the future due to the tremendous potential this ministry and service holds. A big thank you to the team, your labor is definitely not in vain.

Yours in Christ.

**WINIFRED LE FLEUR**  
**Counselling Coordinator**

## 7. Voluntary Counselling and testing here ...

The clinic was officially opened in May 2007. As with any new venture, things started off very quietly. This was further exacerbated due to the strikes of schools and factories. We had different meetings with school principals and distributed flyers and posters to promote the VCT. We also had individual sessions with a psychologist and enjoyed supervisory sessions with the rest of the team. A polio campaign was held by the St. Vincent staff at our clinic.

During August and July we were part of the Care for Carers program in Kleinmond and completed the course on Death and Dying presented by DEACSA. In September we completed a Basic Peer Education course presented by the City of Cape Town and October saw us doing a work shop at the Ambition House in Bellville.

The persistent telephone calls to businesses afforded us the opportunity to do counselling and testing on their premises. On the 16<sup>th</sup> June we went to Delft Community Hall and celebrated Youth Day with other community bodies and to conduct voluntary counselling and testing. It was wonderful be part of the HIV Awareness program.

In September on Casual Day we were invited to do testing and counselling among the staff of Delft Day Hospital. We were afforded the opportunity at an Anglican Church in Bonteheuvel to do an HIV program. The Harmony Senior club allowed us to reach out to them and the elderly had their blood pressure and glucose levels tested as well as a talk on first-aid by a professional nurse.

We have fixed appointments for December to join companies in their National HIV Day and will join hands with the rest of the staff here to work on the HIV awareness week starting from the 26<sup>th</sup> November until the 2<sup>nd</sup> December.



Measured against the monitoring and evaluation reports as well as that of MSAT, we do realize that our numbers need drastic improvement. This will enjoy top priority going into 2008.

**PATRICIA JANSEN**  
**Professional Nurse**

**8. ... and elsewhere!**

**M**arch saw us patiently waiting for a response from Department of Health, as to whether we would receive funding for the projects or not. When the go-ahead eventually came, we were trying to fit a month's work into one week. We started off testing at Pollsmoor Prison which to many who have never worked in a prison, is a town on it's own with its own justice system.

Hearing the stories of the inmates, especially the juveniles who are aged 14 upwards is heart-breaking, and makes one realize that God's grace and mercy in our lives, are truly sufficient. When counselling these inmates, one constantly has to keep at the back of your mind that yours is not to judge. Showing fear or disgust, or any gesture that is negative causes the inmate to close up, and not speak a word, making the counselling session impossible. I think what effects one mostly is the sound of the gates closing behind you, but after a few weeks, even this sound does not effect one that much.

May saw us mostly going to institutions like UWC, Azaad, Tafelsig High, and Damelin, where the students came out in their droves to be tested, and having the support of

their friends, made the process so much easier. In June we went to Cape Town International airport, and back to Goodwood Prison. This time, where we walked the N1, and as usual the banging of the gates drove some crazy. After 3 weeks at Goodwood Prison, we needed a break and went to Indigo Cosmetics, as well as UWC, and Tshiba University.

In August we completed Goodwood Prison, then started going to Bokomo in Maitland and Epping, as well as UCT where we tested a whopping 1375 students in 3 days. We then went to Simba Quix, and ended off the month at Varsity College - Cape Town, and Rondebosch Campus.

While going to these various sites behind the scenes we were working on a pilot project with companies like New Clicks South Africa, the EdCon group, the Woolworths group, and the Foschini Group. With these major stakeholders on board we wanted to start testing at shopping centers in the Metro. The response from the pilot project went better than expected, so we are heading back to Clicks in December. More pilots including shopping centre managers are scheduled for next year.

Irrespective of the amount of education and information given, we still have people who are scared to come forward to know their status. We hope that having all HR Managers involved in this process, the rest of the staff would come on board and develop a culture of testing. It is still a very difficult job trying to persuade management to buy in, and encouraging VCT.

September saw us at McCarthy Motors, Bellville, back to Azaad, Barno Plastics, back to Cape Tech/CPUT - Bellville and Cape Town Campuses, Clicks, Bokomo Oats, and Western Cape College of Nursing.

October took us to Pinelands High School where we tested 684 learners. The experience for the learners was so positive that we are going back there for the week of 10 March 2008. Parents gave permission for their children under the age of 13 to test, and learners felt that this was what they needed. I had one of the parents who work with us on the UCT drives phone and thank us for making the VCT process such a wonderful scare-free experience for her daughter. We then went on to Air Chefs,

Courier It, and back to Pollsmoor Prison. We also went to Faure Youth Centre where children who are not manageable at home are sent to from the courts. The education level of these children is very low, as many of them are from the streets, and the counsellors really needed to spend time with these children, not to only make them understand basic information, but also to point out their own risky behaviour. Many of the children in this institution, although only 13 years and up, have already been sexually active, and many have sold their bodies for survival on the streets.

We have had great challenges in June with the strikes, where we could not work, as the places we had booked went on strike. From April until end October we have tested 9766 South Africans, and hope to double that number by the end of March 2008.

## **NICOLENE BOOYSEN**

### **Project Leader**

#### **9. The State of our Purse ...**

**T**he past 2005/2006 financial year has seen a growth in the financial activities of the Centre of Hope. In addition to the sections that have been reported on at the last AGM, other funding was received for Test-A-Thon, Non Medical Site, MSAT, Ward 6 and the R300 Project.

Monthly accounting is done and reported to the Management Board for all these sections as well as financial reports presented to the donors and leaders of the sections on a monthly basis as requested by the agreements.

The **Total Income** of the Centre of Hope was **R 1, 176, 335-03**. The detail will be explained during the presentation at the AGM on 26 November 2007. The **Income Budget Forecast** for 2007/2008 is **R1, 865,620-00**.

The **Total Expenditure** of the Centre of Hope was **R 964,098-93**. The details of expenditure will be explained at the AGM. The **Expenditure Budget Forecast** for 2007/2008 is **R1, 109,704-00**.

The balance on hand as on 31 October 2007 was **R233, 346-17**

The audit report for the 2005/2006 financial year is still outstanding due to delays by the auditor's firm. They assured me that they will give the audit priority.

My thanks to all the Management Board members and the Leaders of the various sections for their assistance with the accounting and bookkeeping of all the financial transactions. Also a word of thanks to the sponsors and their teams for the assistance given to me as to their preferred way of reporting.

**ERIC ARENDSE**

**Treasurer**

## **10. A Glance into 2008**

**A**s outgoing Director for the Centre of Hope, I humbly put the next set of challenges and opportunities to the new Board of Directors for their consideration:

- a. The need to attract appropriately skilled staff must be complemented with seeing the existing volunteers being skilled up and remunerated to face the many challenges in a professional manner.
- b. The appointment of a project manager / director of operations within the first quarter of 2008.
- c. The erection of a building structure on the premises of the Centre of Hope.
- d. Securing funding to see existing and new services continue to develop and that would raise the bar for delivery of these needed services.
- e. Continue to work towards the visibility of the Centre of Hope via various forms of media (radio, printing and internet).
- f. The on-site VCT clinic to be converted to a Wellness Centre that would cater for more than just VCT.

- g. Transformation at all levels of operation is needed now to introduce new mindsets and much needed changes.
- h. The need to develop a depository of material to present to our communities. These include parenting skills and leadership training.
- i. The ongoing networking with non-government organizations of similar objectives.

## 11. What is the community saying?

**T**uesday's program (27<sup>th</sup> November 2007) with the adults of our community provided us with the gems needed to position ourselves. The following comes hot of the press and I'm indebted to the team for setting the program. So our people is asking of the Centre of Hope that we;

- a. Consider ABET classes at the Centre.
- b. Have computer training for their children.
- c. Provide needle work classes.
- d. Do family therapy.
- e. Host talent evenings.
- f. Provide crèche facilities.
- g. Consider various forms of job creations ventures.
- h. Have a backing project.
- i. Train more home based carers.



You would agree that this information is invaluable; however we are also cautioned to see which of these ventures are feasible and therefore not over-promise and under-deliver.

## 12. Acknowledgments

**I** express special thanks to the following people and institutions for their contribution in ensuring much needed services reached our community:

1. The Department of Social Services who granted us the R300 000,00 and especially Mr. M. Guqa, Mrs. C. Brown and Mrs. S. Solomons for their generous donation and their support.
2. The Department of Health who provided the funding to establish the VCT clinic and staff and especially Mrs. J. Arendse and Ms. C. Snyders.
3. The Department of Health offices in Parow: Mrs. C. Diergaardt, Mr. M. Jessen and Mrs. K. Lategan who without fail, pointed us in the right direction.
4. The office of Mr. S. Ngcatshe of subcouncil-6 in Bellville for the kind donation received.
5. Reverend Charles and Delisa George of Grace Feeding Scheme for the donations of food stuff these past years. Our community extends a special thank you to Grace Feeding Scheme and Zoë Christian Church.
6. Mark Arendse, Roseline Botman and Sarah Scholtz for their training at the Matroosbergweg Primary School as service providers.
7. Mr. Ford and Mr. de Beer, principal and vice-principal respectively at Dr. van der Ross Primary as well as Mr. Engel, principal at Matroosbergweg Primary School and Mr. R. Canary of the aforementioned school for allowing us the opportunity to impact our pupils.
8. Tygerberg MSAT (Multi-Sectoral Action Team) for the funding received via Mrs. Pat Collis and her staff and the showing the need of collaboration amongst NGO's.
9. Mr. F. Daniels at St. Vincent Clinic for proving our VCT clinic with much needed equipment and advice.
10. Reverend C. Ross of Belhar Community Church who without fail would provide their dancers at no cost to be part of our programs.
11. Loretta Joseph, Marian Hendricks, Muriel Hendricks and the staff at WECAN for the hours and energy spent at the Centre to impart much know-how to our workers and community. The work you've done thus far will only be fully appreciated in time to come.
12. To Nicky and George Booyesen from Action Against AIDS who came under the banner of the Centre of Hope and truly trans-located our thinking with what it truly means to operate in the field of standing against the stigma and pandemic concerning HIV/AIDS.
13. Mr. A. Slingers who stood in for us when our own professional nurse went on leave.

14. The management board: A. Wiggins, E.Arendse, R. Curnow, C.Lategan, A. Tobias and myself for ensuring that we all remain within the objectives set out for the Centre of Hope.

15. Mr. Ashley Brand of Brand Signs who graciously donated the signage indicating the service of the Centre of Hope.

16. The following list of heroes:

Patricia Jansen	Winifred Le Fleur	Geraldine Daniels
Berenise Jones	Roseline Botman	Millicent Hendricks
Elizabeth Curnow	Faith Abrahams	Carol Brandt
Sarah Scholtz	Lorraine Avontuur	Maria Croukamp
Nadia Steyn	Lillian Miller	Anna Titus
Adelaide Oliver	Louise Boonzaaier	Charlene Smith
Danlene Campher	Desiree Linda	Desiree Louw
Anna February	Pam Swano	Peter Saulten
Brian Hendricks	Avril Jacobs	Katura Bell
Praline Fisher	Beulah Adonis	Christine Daniels
Charlene Davids	Beulah de Vos	Anderson Mambwe
Shane Hepburn	Shannon Williams	Antonio Bomvana
Cathleen Fillis	Wandisile Kekana	Mercia Porthen
Grace van Graan	Eugenia Booysen	Cecelia Kemp
Jennifer Heuvel	Rita Fransman	Nomande Gazi
Nicolene Qwemesha	Daryl Spanneberg	William Claasen
Muriel van der Ross	Joan Brophy	

17. The firm SizweNtsaluba VSP for ensuring that our books are properly audited which augured well with funders when considering donating money to our causes.

18. The various community NGO's – PRECO, Women on the Move, African Community Projects and the many guest speakers who graced our platform during 2007 and more especially during the week leading up to World AIDS Day.

13. Snippets

TygerBurger Bladwy 15

Nuus/News

Woensdag 7 November 2007

## Belhar organisations get talking

YONELA SIMU

NON-GOVERNMENTAL organisations from Belhar and neighbouring areas got together last week to discuss ways of working together. Facilitated by Mrs Lorecia Joseph of WeCan at the Centre of Hope, the organisations pointed out how they intended to break the barrier of individualism.

The session kicked off with an ice-breaker known as 'getting to know each other.' Everyone in the room was required to stand in a semi-circle. The person at the beginning was required to say their name and incorporate the first letter of their name with a place and set of their car (they would say the name of a car they would have to speak what the first person said and add their own information.

At the end of the session, Joseph expressed the significance of the game to the participants. "What you did just now is similar to the way we all react when we are faced with issues in our communities."

Joseph regarded the game as a lesson in our communities.

After a performance by volunteers of the Centre of Hope, participants were divided into groups. They were required to discuss five questions based on the performance and report back to the other groups.

According to Joseph the organisations plan a joint effort function for the 16 days of Activism and World Aids Day. "From there we will be planning a joint year calendar."

To join an organisation please the Centre of Hope on 021 952 7777 or WeCan on 021 956 1456.

TygerBurger Bladwy 4

Nuus/News

Woensdag 1 Augustus 2007

## Bejaardes kuier gesellig saam

MARILIZE HANSEN

DIE bejaardes van Belhar het gesellig verkeer op groot soet gehad by die Harmony Senior Klub Rally 2007.

Die geleentheid, wat oor twee dae by die Lagos Assembly-kerk aangebied is, is deur bejaardes met samesprekings bygewoon.

Die Harmony-klub se voorsitter, Geradine Daniels, het gesê dat dit die eerste keer is dat die klub so oop gebly het, maar dat daar baie meer is om dit voortaan te maak.

Voedsel Woensdag, die eerste dag van die byeenkoms, het Mrs Margaret Miller, 'n agtergrond professionele vir die veldwerk van 27 bejaardes toegesprok.

Sy het ook die belangrikheid van regte van senior burgers, veiligheid in die huis, menslikheid van bejaardes, hoe om 'n testament voor te berei en hoe om jouself te sorg.

Sy het ook die belangrikheid van kennis te doen om hul gesondheid en verstandelike vermoëns te verbeter. "Jou dink dat hulle kan.

rus nadat hulle afgitree het, maar hulle moet salank moontlik aktief bly sodat hulle nie stagsaer nie."

Donderdag het mnr. Sylvan Ross, suster van die Olofson-kerk, die bejaardes toegesprok oor veiligheid. Sy het die bejaardes bedag gemaak op belangrike inligting, soos dat daar nie kowies son verbonde is 'n huis brand nie. Die noodinroep om die brandweer te laat uitgaan as keere.

Reënson het gesê dat mensse baie doen, maar dat hulle die regte ding kan leer. "Dit is belangrik dat jy die oorgewag van jou huis kan en 'n minste twee maniere het om uit te huis te kom indien 'n brand soek."

Hy het gesê dat mensse ook soms in hul kamers doodbrenn in gevalle waar die brand in die gang is en die fawering hul verhoed om die huis te verlos. "Probeer om die toerusting te hê wat beskikbaar is sodat diavawering oopgemaak kan word."

Hy het gesê dat mensse dadoliek as hulle hulle die huis te verloor die bewitwee moet bel in plaas van om te probeer om self te brande. In die hulle te gaan, en sokeende hul Ade bejaardes in die gebied word uitgenooi om te kom inkeer en deel te wees in die pret. Vir meer inligting, skinkel Daniels by 021 952 1002 of 073 662 1006.

die lewens in gesondheid is 'n Rockstararm wat teen ander as 'n volgens Ross is sowe jou 'ok, ewan slap," het ook al bote lewens gesed. Rossone het gesê dat hy nog tweek te epekom het dat mensse geset het wat in rustelarm in die hulle gehul het.

Die bejaardes het ook beide die die gesondheid gesied om alrehande in te doen wat douer van Belhar gebied is.

Die Harmony-senior klub kom elke Donderdag (08:00 tot 14:00) by die Lagos Assembly, hulle hulle allekandere kunservye beoef.

Bejaardes van verskeie seniorklubs in Belhar het by die Harmony Senior Klub Rally 2007 hul saadertelk uitgeleef. Van links is mrs. Rosaline Botman, mrs. Sosona Hansen, mrs. L.A. van Noudt, mrs. Valida Muller (met die kunsklasse aangebied het), mrs. Margaret Fortuin en mrs. Maude January.