



St. Joseph's Care  
and Support Trust  
AT SIZANANI VILLAGE

# team *talk*

**B U L L E T I N**

May/June 2011

## St. Joseph's celebrates Hospice Week

National Hospice Week, headed by Hospice Palliative Care Association of South Africa ran from 1 to 8 May 2011. The theme was, '**Many diseases, many lives, many voices**', which aimed to raise awareness on how people living with conditions which are not curable can benefit from palliative care. Hospice week provides hospices across the country the opportunity to raise awareness about the important work that they do.



Here at St. Joseph's we celebrated National Hospice Week with a small service amongst our staff members, followed by songs and prayers in the hospice wards for our patients. The voices of the staff singing not only raised the roof of the hospice, but also the spirits of our patients! It is very important to have a sunny atmosphere in a hospice and we are grateful to our kind nursing staff, who ensure they always have positive attitudes when working with our patients.

We also took the opportunity to acknowledge and thank our staff for their hard work and dedication to our patients.

We discussed the importance of each and every staff members' role within the organization and emphasized the importance of teamwork to the success of St. Joseph's.



St. Joseph's is currently going through a period of transition. While in the past most of our patients were affected by HIV and AIDS, we now can accommodate patients with any life threatening illness. This has required our staff to undergo training and extend their expertise to accept any patients entering our hospice doors.



*by Sophie Jordaan (Social Marketing Officer)*

## Career Counselling Event for youths held

On the 25th of June 2011, the Grade 10s, 11s and 12s from the St Joseph's projects and some from Kids Care and Support Trust, gathered at Sizanani Village for an instructive exercise to kick start the Youth Development Department Career Counselling initiative writes Helen Adendorff.

Proceedings were opened by the young people who sang Malibongwe and other songs to warm the attendees up. The songs reverberated around the beautiful venue, the Sizanani Conference Centre Auditorium which was loaned to us for the day by kind permission of the Sizanani Village Trust management.

William Chinyama, Youth Development facilitator prayed for the day and then Helen Adendorff, Development co-ordinator gave a short powerpoint presentation. Our young people need to understand that achieving their dream is a long process and that they need to avoid behaviours and actions that will jeopardize their ability to reach it.



Knut Fast, a Christian Career Consultant from Rayton, took the young people through three in-depth sessions dealing with; **Personality – Who are you?; Skills and Abilities – What are you good at making or doing and Values; What is really important to you?** The young people were then lead through some personal rating exercises on these topics.

A highlight of the day was when we were joined by Jackie Sadie, College Principal and Maud Van Venrooy, Founder of the new Akanani FET College in Bronkhorstspuit and also Deputy Director of

Umalusi, the national educational watchdog body. The ladies introduced themselves and announced that they would be offering one full bursary for a St Joseph's student for 2012 at the college. Our current Matrics and Young Achievers were invited to apply. Their applications will be evaluated and one person will have the blessing of a gift of full time study. The ladies gave out lists of courses being offered by the college, which also offers Matric repeat support. We look forward to significant networking with these newfound friends of St Joseph's.



A delicious lunch was prepared for the group at Ikhaya Lethemba by the Project Leaders and Caregivers. A special thank you to Betty Skosana and Siphon Hleko from Social Services, for getting the young people and their caregivers to and from the venue on time and making sure everything went smoothly. We also appreciated all those who took the time to participate and to prepare for the day.



This Career Counselling exercise will form the foundation for a walk we are beginning with the St Joseph's Care and Support Trust Youth, to try to help each one to reach their dream, and to create an effective and realistic model for youth development.

## Development Department is on a Roll

The Development Department held a teambuilding braai on Saturday 18 June at Onverwacht Project. The whole team turned up, including leadership of the Youth development, Sustainable Development and Community Development Sections. The whole gardening team, from both Onverwacht and Roodepoort Informal Settlement also joined in. It was a sociable occasion during which team members got to know each other better and enjoyed a delicious meal together.



Helen Adendorff, Development Co-ordinator and Mentor commented: "The mood in the team is upbeat and there is excitement as the team looks forward to seeing the fruits of all our hard work soon. For the Sustainable Development members that means seeing the 20 000 lettuces reach a good size and fetch an excellent price near the end of July.



For Youth Development, it translates into anticipation of moving into our new building and following through with our Career Development Project.

For Community Development, it is the interaction with the Onverwacht School, Youth Development Home Gardens and initiatives such as the potato planting and income generation projects. Well done everyone! Lets keep up the good work!"



## Snug As A Bug



St Joseph's has teamed up with the local newspaper, Streek Nuus to kick start a winter blanket drive which is called 'Snug As a Bug'.

We are asking people to donate blankets and winter clothing so that we can ensure that our orphaned and vulnerable children can stay warm this winter.

If you want to donate please get in touch with Sophie Jordaan on:

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# Lighter World by children in the Orphans and Vulnerable Programme

## Are we there yet?

by Maria Mogerere - Grade 9 (Onverwacht)

Are we there yet?

Are we making a difference?

Are we breaking the silence?

Are we crossing the boundaries?

Are we there yet?

Are the walls of segregation really down?

Are we really free?

Free from suffering and hunger

Are we there yet?

Are we free to walk anywhere?

Anytime without fear

Free to speak and be heard

I have to know

I really want to know

Are we there yet?

## I am Special

by Mantwa Melamu - Grade 9 (Onverwacht)

I am that precious butterfly

That flies around lovely roses

I am that beautiful rose in the garden

That smiles to the sun but afraid of  
darkness

I am special

I am that expensive diamond

That is wanted by everyone

Even those who cannot afford it

I am that happiness

That brings joy and smiles

Everytime with love

I am special

I am that everything special

You may name me

That brings love and happiness

I am special

## Laughter is the best medicine

If Life Were Like A Computer:

You could add/remove someone in your  
life using the control panel.

You could put your children in the recycle  
bin and restore them when you feel like it!

You could improve your appearance by  
adjusting the display settings.

You could turn off the speakers when life  
gets too noisy.

You could click on "find" (Ctrl, F) to recover  
your lost remote control and car keys.

To get your daily exercise, just click on  
"run"!

If you mess up your life, you could always  
press "Ctrl, Alt, Delete" and start all over!

## Sixty OVCs attend Behaviour Change Camp *by Pamela Sachinda*

The Social Services department of St. Joseph's works hard to continue providing a safe and nurturing environment for our OVC's. The children's personal and spiritual development is crucial to their growth into healthy and well adjusted adults and the camps attended by our OVC's provide them with the tools to do this.



From the 24th to the 26th of June, sixty of our OVC's attended a weekend camp in Parnassus Farm in Mageliesburg. The camp was a 'Behaviour Change Camp' that aimed to show the children how to make positive changes in their lives. The camp also taught the children, that they too, have the power to change the behaviour of the people around them.



The workshops and sessions held for the children were underpinned with Christian morals and values that aimed to assist the children in their quest have a deeper relationship with God.

The camp held workshops on effective methods of communication and expression, which are vital tools for children who are living with difficult circumstances at home. The workshops were designed to build on the children's confidence, so that they have the capacity and power to make the right decisions for themselves.

The group leaders worked tirelessly to make the children feel secure and happy as individuals. Children were encouraged to focus on what the future holds for them regardless of peer pressure, media influence and other external influences surrounding them in their communities.



Camps and retreats that build personal confidence and educate children about the consequences of negative behaviours and uninformed decisions are crucial if we are to tackle HIV and AIDS at grass roots level. We would like to take this opportunity to thank our donors, whose generous contributions, make sending our Orphans and Vulnerable Children on these camps possible.

# People & Places



**14 May 2011.....**Nothembi Mkhwebane (African Queen of Ndebele Music) made a donation of winter clothing to Orphans and Vulnerable Children in Wolvenkop. (Mpumalanga Province)



**27 May 2011.....** Members of Staff attended a Leadership Course which was facilitated by Professor Emmanuel Ngara and Mrs Ngara.



**15 June 2011.....** Aida Makwakwa and Kwalene Mapanga from Roodepoort informal settlement drop in centre showcase some of the carpet squares which were donated by Golder Trust.



**24 June 2011.....** Youths from the Youth Development Department doing their practicals at Roodepoort informal settlement communal garden.

## ORGANISATIONAL DETAILS

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### Banking Details

First National Bank, Account Name:St Joseph's Care and Support Trust at Sizanani Village  
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