



# Nakekela News

July 2020

**Greetings in the Name of our Lord Jesus Christ  
from Everyone at Nakekela!**



**Care Workers**

## SUPPORT GROUPS

We thank God that our support group is progressing well. It is helpful to many who were shy to talk about their personal problems to be able to talk about them freely. Many have gained confidence and has helped them to resolve some family issues. It also helps to reduce stigma and discrimination.



## CENTRE HAPPENINGS

*“Worship and serve him with your whole heart and a willing mind. For the Lord see every heart and knows every plan and thought.” 1 Chronicles 28: 9*

We are thankful to the Lord that counselling sessions are going well.



We thank God for his provision and that we could hire a new Staff Nurse



Patient body exercise and physiotherapy

## MANDELA DAY



Nakekela is grateful for the donation of two boxes full of linen savers, adult nappies, fruits and cakes for our in-patients received from Sister Mabena- the Manager - and some staff members from Tweefontein G Clinic. Thank you for making Mandela day so special to Nakekela and for helping with cleaning and laundry. God bless you for your effort!

## OUR STAFF



My name is Sarah Motau, I'm married with two daughters who are 26 and 20 years old and have two grandchildren, a boy and a girl. I am an employee at Nakekela where I started to work as a care worker since 29 January 2007 until March 2020 then I was promoted as the Co-ordinator of the Home-based care. As the care worker at Nakekela I have learned so much. I learn to deal with different situations or cases of patients. Before I started working with the patients at Nakekela I thought I'm only going to bath the patient, feed them when they are not able to feed themselves, lift them up, assist them to walk because I was convinced that's the duty of a hospice and I thought all patients are critically ill. I didn't realise that patients can be sick emotionally, spiritually as well as physically. Nakekela taught me many things such as respecting patient wishes and their rights especially with the HIV+ patient there are many things to deal with. Firstly, some of them are in denial with their status, not sure whether ARV'S can stabilize their sickness or control the virus, as a result they keep on defaulting from their treatment. They need health education and counselling so that they must understand that it is not the end of the world and the fact that they have their families who care. Others have kids to take care of them and families who loves them, they must not just give up.

One thing that I liked about being a care worker is that it taught me to have listening skills as you need to listen to many different kinds of problems our patients. I learned many things and have grown so much through solving many problems. I have learned to advise but not to judge or tell them what to do because they have rights and as the care worker, I have to respect their decision. One thing that I didn't like was to deal with a patient that refuses to take medication and you could see that if they take the medication, they could survive and live longer. All of a sudden, the patient dies in front of us and that hurts a lot. But at Nakekela we work as a Christian organisation and we believe that anything that happens is God's will. He always knows what's best about everyone's lives.

Now I'm working as a Home Base Care Coordinator and have to face those challenges in the field. I pray every day for God to help me to always do good to those poor people and their patient in the field. Also to guide each home based carers to do the right thing and so hope we can change the world with God on our side.



We appreciate **Tisetso and Thami** from **South African National Alcoholism and Drug Dependence (SANCA)** who did a short presentation on Substance Abuse.

## DONATIONS



Nakekela is grateful for the donation of clothes and cups received from **David Mthimunye** (An uncle of one of our staff members) May God richly bless you.



Much appreciation to **Hlalisani Primary School** for the donation of Vegetables and fruits, we receive

**Anna Odell** living at **Buffelsdrift** and brought by **Miskin**: Thank you for your donation of clothing.



A big thank you to **Masibambisane** for the donation of food parcels given to help those in need. "They share freely and give to the poor. Their good deeds will be remembered. "2 Corinthians 9:9

## BE PART OF THE WORK OF NAKEKELA

### HELP US WITH YOUR SKILLS AND KNOWLEDGE

**Are you a Human Resources advisor, Health or Social Department advisor, Fundraising Consultant, Treasurer, Accountant, Medical Doctor or Legal Advisor? We need your help!**

Nakekela is looking for people who can volunteer their expertise and knowledge to assist with various projects. If you are looking for an organisation that uplifts local community and want to invest in making a tangible difference in South Africa, please call us to discuss where you can get involved or get in touch by emailing [nakekelaoffice@gmail.com](mailto:nakekelaoffice@gmail.com) if you can help us.

### CONTRIBUTE FINANCIALLY

Nakekela relies on donations to meet the needs of our patients and keep our facility available to the community. If you would like to support the work of Nakekela financially, know that every cent is tracked and invested carefully. We also offer receipts for tax purposes.

All gifts can be EFT'd to con  
**Nakekela**  
**Standard Bank**  
**Account: 348123027**  
**Branch: Bronkhorstspuit (052850)**  
**Swift code: SBZAJJ**

### HELP US PRACTICALLY

As a step-down facility with many patients, Nakekela constantly needs the following items for our patients:

- Pyjamas and sleepers
- Medication
- Wheelchairs and walking frames
- Toiletries: wash cloths, soap, toothbrushes, toothpaste, deodorant
- Feminine hygiene items and underwear
- Blankets
- Bibles in English, Zulu, Ndebele, Pedi and Tswana
- Note books, paper, pens and pencils
- Art supplies

### PRAYER REQUEST

- Pray for COVID 19 virus cure
- Pray for healing and restoration of our patients
- Pray for continues good relationships between staff members, patients and families
- Pray for successful income generation projects

### STATISTICS TO DATE:

|                    |    |
|--------------------|----|
| Admissions:        | 77 |
| Discharge to Home: | 35 |
| Deaths:            | 24 |
| Hospital:          | 9  |

### NAKEKELA CHRISTIAN COMMUNITY CENTRE ASSOCIATION



Stand 121 & 122  
Tweefontein G  
PO Box 20400  
KwaMhlanga MP 1022

Tel: (+27) 013 945 6861

Fax: (+27) 013 945 6861

Email: [nakekelaoffice@gmail.com](mailto:nakekelaoffice@gmail.com)

Website: [www.nakekela.co.za](http://www.nakekela.co.za)

Blog: [www.nakekela.co.za/blog](http://www.nakekela.co.za/blog)

Facebook: [Nakekela Christian Community Centre Association](https://www.facebook.com/Nakekela-Christian-Community-Centre-Association)

PBO Registration Number: 930040184