



NAKEKELA NEWS

NOVEMBER 2020

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

*Praise be to God for being with us and protecting us this year!
We thank Him for his mercy and grace*



Above: Staff members after a General Staff meeting

WORLD AIDS DAY



Every year we mark World Aids Day with a candle ceremony. In our part of the world AIDS is something that affects many families. It is also something that carries a deep stigma in the local communities and churches. Part of our work here at Nakekela is to inform and educate youth and adults about HIV/AIDS: what it is, how it can be treated, that AIDS is, how it can be prevented and that having AIDS does not mean you are a bad person.

In our candle ceremony we light three candles. Red – remembering patients who have died. White – for patients living with HIV. Yellow - for the families who are affected.

TRAININGS

Our **Dignity programme** continues to help girls in our community with the many challenges they face. Girls often struggle with a lack of sanitary products (which prevents them from attending school), there is ongoing gender-based violence in many homes, child marriages are a reality, girls often feel isolated and lack support and there is a general lack of information about what is physically happening in her body as a girl matures.

In our Dignity Days girls learn that every girl on this earth has a purpose. Every girl's story is important. Every girl has dreams in her heart, and that her dreams count. Every girl's voice matters. Every girl is born to make an impact. Every girl is worth celebrating. And every girl is beautifully and wonderfully made, and her body is a miracle.

Thank you so much to The Dignity Campaign for such great material which addresses the key topics of identity, belonging and purpose, as well as practical subjects like menstruation and body knowledge. A big thank you to our own Dignity Facilitators who have been working closely together and putting in so much hard work in making our Dignity Day events so special for the girls. We can already see the positive impact on the lives of girls and are hearing good reports from parents.



Nakekela's **Dare programme** seeks to encourage boys about positive values, character and the responsibilities of becoming men in their families and communities. It highlights positive role models and raises awareness on the challenges boys are facing. The Dare Day encourages boys to become a man who protects, loves and cares for the vulnerable. Who values others and especially women. To be a man who takes responsibility for his actions. A man who stands up for what is right, no matter the cost. A man who practices patience and treats others with dignity.

The boys who have attended the Dare Days really enjoyed their time and learnt so much.





Psychological First Aid training took place this month for Nakekela's Care Workers and Home-Based Care Workers.

Mrs Mattison Nethalie facilitated the training which covered how to deal with patients who have psychological problems and have experienced trauma.

This was excellent training and our workers have been able to use what they have learnt already.

CENTRE HAPPENINGS

The Support Group members who started **Chicken Projects** are doing well. Some of the group now have an independent source of income though raising and selling chickens. Some individuals have been able to provide for their day-to-day needs and others were even able to buy Christmas clothes for their children with the profits they have made.



Below left: A nurse prays for a sick patient and shares the Word of God.

Centre: Some of the lovely beadwork now ready to sell, made by members of the Support Group.

Right: Community Training in progress, tackling the goal of breaking silence around HIV/AIDS in the church, and also teaching participants to fight stigma around HIV/AIDS in the community.



DONATIONS



A big thank you to The Dignity Campaign for the amazing donation of sanitary pads, lovely teen magazines and face cloths that were beautifully wrapped. Nakekela distributed the parcels to teenage girls who attended the Dignity training in our communities, helping them to stay in school and reminding them that being a woman is beautiful, all through the month! Many blessings to you.

A special thanks to our Board members for their dedication and commitment. May God be with you and keep you!



Some of the lovely fresh vegetables from our garden thanks to the expertise of our Gardener, Mofore Samuel.

**Thank you for your support in
2020, we wish you God's richest
blessings in 2021!!**

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 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

STATISTICS TO DATE:

Admissions:	104
Discharge to Home:	41
Deaths:	39
Hospital:	11

NAKEKELA CHRISTIAN COMMUNITY CENTRE ASSOCIATION



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