



Nakekela Christian Community Centre Association

We greet you all on a cold winter day in South Africa! Much has happened in the last few months at Nakekela! Unfortunately, we were unable to send out a newsletter earlier because Dori's (Editor) new husband suffered a sudden heart attack, and she needed to take time off to be with him during the uncertainty of his condition. We thank God that he was able to return home again, miraculously healed and begin regaining strength once again.

As from March, Nakekela, together with Harry Lukens (a volunteer from Netherlands) started training sessions involving different areas of the community, targeting the Youth, specifically regarding "Breaking the Silence around HIV/AIDS in the Community". A training program was started in co-operation with the Upbeat Community Centre and approximately 30 young people are trained on a monthly basis. This training is based on information received from the CABS (Christian Aids Bureau for Southern Africa) and is led by some of the Nakekela staff, a local Pastor and Harry Lukens, all who have been trained as facilitators. From these training sessions, a few attendees have opened up to reveal their status to our staff and requested help with counselling.

In co-operation with Nakekela, Harry Lukens is also presenting a course for pastors called "Positive in the Church". So far, 21 pastors have been trained. We pray this will be the beginning of the change in stigma surrounding HIV/AIDS in the churches and community.

In April, we received a visit from a team of people from the Village Presbyterian Church in Tampa, Florida. While they were here they did devotions and taught a craft during a support group session, went into the community to meet several of our home based care patients, donated 12 economic wall heaters for each room and supervised the installation of each, and also discussed the possibility of partnering with us. Throughout all of this, we were truly blessed by their ministering to us and the love that they showed to our patients and staff.

At one of our monthly staff meetings in May, the staff performed a drama they've been practising about how various viruses and diseases attack the cells in the body, and also how HIV attacks the CD4 (commander) cells. The staff members hope to perform at functions on AIDS Day, and other health days in the community. We hope this will be a more light-hearted approach to teaching the people in the community how the HIV virus affects our cells.

2013

STATISTICS TO DATE:

Admissions	56
Current Patients:	10
Discharge to Home:	17
Deaths:	29
HBC Field Patients:	263



“O Lord my God, I cried to You for help and You have *healed* me” Psalm 30:2

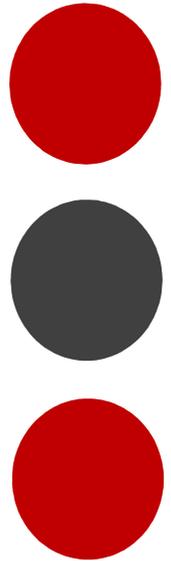
A few months back, a woman brought her 3-year old daughter, Pretty, to see Dr. Sonja. She had been taken to the local government clinic, but the nursing staff there informed the mother that they could not help Pretty. In desperation for her poor child, she stopped in at Nakekela for help. Pretty was very upset and afraid of the different people, but a little teddy bear soon calmed her fear. Pretty had severe eczema and her skin was cracked and dry. Dr. Sonja prescribed an ointment, special soap and tablets for allergies. (Nakekela receives annually medication in the form of donations from overseas that enables us to take care of situations like the one described above). After a few visits to Nakekela to be monitored, Pretty came running into the centre one day and showed her arms and legs to everybody proclaiming: “I am healed!”. She looked like any other girl and her eczema had disappeared. It is situations like this that makes our work in the community worthwhile.

There is a picture of Dr. Sonja and Pretty below right.

At Nakekela we try our best to assist people in any way possible. We try never to send people from our place without been cared for in some manner or other, even if we just listened to them and could refer them somewhere else.

Nakekela has become a place of safety and support for the local community, who cannot find assistance anywhere else. We ensure they have sought help via the government clinics, and then see what we can do. Whether it's letters to the government doctor, referrals to a specialist, or counselling, or a need that our facility can handle, we try our best to help others in need.

So far this year, Dr. Sonja has seen over 100 patients from the community. Many others have come for assistance with various things: homework, food, clothing and sometimes just a listening ear to hear about problems so that we can pray about it with them.



This man came to Nakekela for food and is the recipient of some of the donations of soup and Instameal porridge. Here Mirriam and Sarah hand it to him, making sure he knows we give it to him through the love of Jesus Christ

Right: Several donations of stuffed toys received to give out to the little children who visit Dr. Sonja





Belinder assisting a patient with taking her pills



Dorcas leading part of the CABSA training to the staff before a staff meeting

Report from the Manager

By Dorcas Mathibela

I am still in 6-months training to learn more about running the centre. It is difficult sometimes, but I am happy with some of the things that I have learned already; like being able to reply some of the donors e-mails while Babette was on leave, taking our visitors on a tour in the centre, did several employee contracts, interviewing care workers for casual work and staff evaluation questionnaires. Upon Babette's return, she reviewed my work and was pleased with the results. Babette and I do share the task of managing the centre, in order for me to learn more about how things work. It is going well so far. I am also enjoying the CABSA training sessions we are leading for the Youth at the Thembalethu Centre once a month. I have learned a lot from the participants also. Two of the participants from the group came to me after our first training to ask help from Nakekela. One of them is attending counselling with Riana once a week. She sent me a text message and said she is very happy to find a sister to talk to and I am also happy to see a smile on her face. I am the youngest amongst the staff members but I am amazed about the respect I get from them as their manager. I am very happy that Babette trusts me to take over from her and I know that God would not put me in this position to leave me and I will always seek help from Him to run Nakekela.

Report from Home Based Care

By Mirriam Rakwale

We were so thankful to receive the donation of 30 boxes of Instameal from the dieticians at the local hospital. The home base care team was able to hand out 45 packages so far to patients who are HIV+ and struggling to find food. It makes a big difference. We've also found 55 new patients in two months. The local clinics inform us of those who require our assistance. 5 of these patients have been admitted to Nakekela. Sadly, 8 have passed away. Three of the patients had adjusted well to their medicine regime, so the cause of their deaths is confusing to us. The number of patients we've helped this year is up to 268. 165 of them are still be cared for by the HBC team on a daily or weekly basis. The others are follow ups and educational visits to make sure they stay healthy and live positively. We have 7 HIV+ ladies who are pregnant, that our care workers encouraged to go to the clinics for regular checkups, to ensure the health of the mother and baby.



Jane assisting a patient with walking for the first time since he became ill.

It is important to assist in this way, so that the risk for the mother and child is reduced. Our goal is to help stop the transmission of HIV from the mother to the baby during birth. By making sure the mother's go for their regular checkups, and give birth at the hospital, we try to do this. Just recently, the niece of one of our staff members passed away because of this very issue, so we are revived in our calling to be diligent in serving our patients in whatever way we can.



The 2 Dieticians who brought the 30 boxes of Instameal to us

"Striving to be the hands and feet of Jesus Christ in the community"



We are so pleased to tell you that Pontsho was finally strong enough to return home. He was admitted on the 10th of January and discharged on the 17th of May. We praise God for His healing of this boy who struggled so much.



Here Sr. Ncane is doing a health talk at a local school along with Ella, our HBC care worker and several from the police force. We were invited to be part of a joint venture to create awareness of HIV and talk about many social problems in the community.



Our staff and patients enjoying the warmth of wonderful handmade scarf blankets with pockets donated by ladies from the Heritage Reformed Church in the United States.

**NAKEKELA CHRISTIAN COMMUNITY
CENTRE ASSOCIATION**



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Prayer Needs

- ✘ Pray for strength and courage for our staff to continue working for God with a faithful servant's heart, especially with all the difficulties they face in their own lives
- ✘ Pray for healing of body and soul for our patients, and that they would see the love of Christ through the love and care they receive from the staff at Nakekela
- ✘ Pray for funds so we can complete the extension of our building to be able to take care of more patients (currently there is approx. 10 people on the waiting list; several have already died)
- ✘ Pray for funds for our Home Based Care team to continue their work in the communities surrounding Nakekela