



Greetings in the Name of our Lord Jesus Christ in this cold weather and winter season!

We thank God for blankets we received from African Blessing Bronkhorstspuit recently, ensuring that our patients are nicely warm. Take a moment to sit back and enjoy our third newsletter for 2016.



Ella Mahlangu (an ex-patient and Home Based Care worker) shares her testimony with David Nakhla and Mark Bube from Willow Grove



God is doing great things at Nakekela. We see encouraging improvements in our in-patients. Some of our in-patients came to the centre weak and not knowing God and having no relationship with him. After being at our centre for some time they started to find out more about God through the devotions that are held at the centre. We are glad to report that we find patients sharing the Word of God together (as shown below).



*“Striving to be the hands and feet of **Jesus Christ** in the community”*

Workshop Report



Nakekela, Local Clinics and their Home Based Care teams and the Department of Social Development received an invitation from Mzimhlophe Secondary School to educate learners and make a presentation on Life Skills Topics, including Poverty, Teenage Pregnancy, Gangsterism, HIV&AIDS, Spirituality, Suicide, Substance Abuse, Homosexuality and Sexual Harassment.

We do not want our nation to perish for lack of knowledge. So we are sharing the light and knowledge with others in the community. Letty (Administrative officer and Counselor), Pinky (Home Based Care worker) and Madira (Home Based Care Coordinator) went to this High School not far from our Centre.

Letty addressed the topic of Spirituality and Suicide. What is spirituality? The importance of Spirituality? What does the Bible say?

What is Suicide? What are the symptoms and signs of suicide, how can you help a suicidal person and how can you prevent suicide; it was a wonderful experience to be at a school full of learners willing to learn more. At least 100 learners attended and seemed interested as others were taking notes.

Nakekela is so thankful for the partnership it has with other stakeholders. Together - with the local clinics, schools, Home based Care teams of some local clinics and Department of Social Development – we can make a difference.

Thandi Mahlangu tells her story

My Name is Thandi Mahlangu and I am a care worker at Nakekela. I started to work at Nakekela part-time in 2014, and in March 2015 I started to work full time at the Centre.

My experience with working at Nakekela with Nakekela staff members is good as they are kind, caring, loving and willing to teach me some of the things that I do not know.

They taught me how to love sick people and love God, and always referring to the Word of God. I love singing hymns and spiritual songs, so I also fit in the body of Christ as one of the parts of Christ's body. Since I started to work at Nakekela full time I learned that a patient or sick person does not only need medical care but also needs love and support not just from the family but also from each staff member at the centre. Pointing sick people to God is important as they need to know that God is the only one who can heal them and make them better, and he uses other people like us to care for them and educate them about the treatment they are taking.

In 2001 my mother-in-law taught me Art Therapy and we used to make bangles, bracelets, necklace, earrings and dolls that we dressed up in different Ndebele cultural blankets and different colours. I started to develop a love for this too, as we wanted to sell them in Johannesburg to generate income. At the Centre I joined the Art Therapy class with patients and some staff members as I love art.



Above: Here I am with my doll that I named Thandi. I've dressed her up in an Isindebele traditional attire.



Providing fresh Vegetables from our garden, thanks to Absalom and Bheki

The value of Art Therapy



Art Therapy is a stress reliever and also part of the Nakekela exercise and rehabilitation programme. We get our in- and out-patients to work with their hands. Some have lost the use of their hands, so this therapy helps them to concentrate on fine motor skills and develop hand strength.

Art Therapy also requires concentration on the work in front of you, which helps patients not to think too much about the problems they left at home or their illness. We've seen Art Therapy install hope and confidence in patients who came to the centre very weak.

Left: Some of the Art Therapy creations

Manaleni Achievement Centre (MAC) visits Nakekela



It was wonderful to have John and Linda Darlings from Manaleni Achievement Centre (MAC), Andie Tucker and Rachel Lastinger from Emory University (MAC Interns: Atlanta) and Paul and Ginah Butler from Maggie Valley. They met with Dorcas Mathibela (General Manager), Letty Tjiane (Personnel Administrative officer & Counsellor) and Pinky Mokoena (Home Based Care Coordinator) to discuss the partnership with MAC.

STATISTICS TO DATE:

Admissions:	55
Discharge to Home:	16
Deaths:	16
Hospital:	23
HBC Field Patients:	356
HBC Field Visits:	1961

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