

UZWELO NEWS



AUTUMN_2019

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Welcome to new staff....

Khantsi Soldart-Dludla has been appointed as Communication and Operational Officer at Uzwelo Home.

Khantsi was born in the south of Lesotho in a small town called Quthing. At the age of six years she was taken into foster care by her aunt residing in Johannesburg. She completed matric in this big city.

She studied a Bachelor's degree in Culture and Heritage at the National University of Lesotho. Later she received an internship with Oxford University to document the history of the Basotho nation.



She has a passion to serve the community and children. She wishes to continue empowering children from disadvantaged background.

In her position as communication and operational officer she will be able to add value by modelling and mentoring children of Uzwelo Home and bringing volunteers on board to offer their time, talents and treasures to traumatized children.

Khantsi Soldart-Dludla



James 1 vs 27: Religion that God our Father accepts as pure and faultless is this to look after orphans and widows in their distress"



CONGRATULATIONS!

Congratulations to Nosipho Pride Mntyali with her appointment as Manager of Uzwelo Home!



She has been part of the Uzwelo team since 2011. Initially she fulfilled the role as social auxiliary worker. While furthering her studies to become a social worker she was able to develop an understanding of traumatised children. She can be described as a team player putting the best interest of children first.

Through perseverance, determination and hard work she is reaching her professional goals. She is a worthy example to young and old alike.

OUR MANDATE

VISION

- To show **MERCY** to the orphans and vulnerable children of Africa.

MISSION

By serving through **ACTS OF MERCY**:

- To satisfy the basic needs of OVC
- To ensure quality and appropriate schooling and educational support
- To offer opportunities of life/entrepreneurial skills development
- To secure medical care and health/social education and awareness
- To participate in the healing/therapeutic process of OVC
- To mentor the spiritual journey of OVC
- To create environments which will promote good citizenship and independence





DRUMMING

a powerful therapeutic tool

Wendy Stapelberg, Director of Uzwelo Home attended a drumming facilitator course arranged and endorsed by the University of Stellenbosch in February 2019. Bevil Spence of Drum 360 not only introduced the theory of drumming to the students but also created opportunities to drum and have fun.

Drumming is defined as the rhythmic beating or tapping of a variety of percussion instruments. It is an extremely flexible activity which can be adapted for almost any situation or therapeutic goal. Uzwelo Home is planning on introducing drumming as part of the therapeutic programme.

Children who are involved in drumming learn to focus their attention and effort on one activity. This improves a children's abilities to concentrate and stay focused. Studies reveal that playing a percussion instrument strengthens skills in math and science.

Drumming teaches children about material science and the science of sound. Beginning as early as first grade, students have the ability to understand that every material (wood, metal and drum heads) have their own capacity or ability for vibration. Drumming teaches young students that sound occurs through vibration.

Overall brain development by stimulating the left and right sides of the brain simultaneously also occurs when drumming. Children have to use different parts of their brains to listen to the music around them, to instruct their bodies to move and create, and to understand a rhythm or to create their own. Playing music develops analytical processes on the left side of the brain and creativity in the right side of the brain. Increased networks between the left and right brain form thick fibers that interconnect the two brains. Drumming is not only beneficial to children's mental health and development, it's also great for helping children develop physical fitness.

Drumming increases heart rate and blood flow. Because of this, drumming teaches students about their bodies. The entire body is used while drumming, especially the fingers, hands, wrists, elbows, arms, shoulders and legs. Children also gain a better understanding of the rhythms of their own bodies. The heart has its own steady rhythm needed to keep the body functioning properly and breathing often involves that rhythm, too. While having fun children definitely benefit from this therapeutic activity.



Drumming is beneficial to children's mental health

Are you interested in facilitating a

DRUMMING CIRCLE

or just having fun with other drummers?

Uzwelo Home will be arranging a training course in the near future. Contact the Communication and Operational officer, Khantsi Soldart- Dludla at Uzwelo Home. 017 826 1204 /mercy@wellspring.org.za for more information.





SAFE PARKS

WHY SAFE PARKS?

Children have a right to be children – to play and to dream. This is understood so universally that Article 31 of the United Nations Convention on the Rights of the Child requires all ratifying countries to;

“Recognize the right of the child to rest and leisure,
Engage in play and recreational activities appropriate to the age of the child and ...
Participate freely in cultural life and the arts”.

But in South Africa, the HIV/AIDS epidemic has forced many children to take on adult responsibilities. They care for dying parents, look after younger siblings, learn to cook and clean. Play – so vital for healthy child development – is compromised as children become parents to younger siblings. The Safe Park concept seeks to remedy this reality for children by providing them with the time and the place to play – within the protective circle of trained child and youth care workers.

Safe Park provide safe, supervised places for orphans and vulnerable children to play and participate in a range of sporting, recreational and educational activities and to access psycho-social support services.

WHAT TYPE OF SAFE PARKS ARE AVAILABLE ?

Safe Parks can be formal or informal.

A formal Safe Park operates from a designated, fenced site, usually with some outdoor play equipment and a container or building for indoor activities/ kitchen/ bathrooms.

Informal safe parks operate in public spaces within a temporarily fenced off area which creates a space for children to feel psychologically safe.



This is the site allocated for the new formal safe park in Mdukuzane.





WHO MAY ATTEND SAFE PARKS ?

Safe Parks play an important role in orphans and vulnerable children's lives and has the potential to be a place of care, comfort, stimulation, learn and fun. The facilities and services offered at the Safe Park are available to all children from the community.

WHEN DO THE SAFE PARKS OPERATE?

Safe Park operating hours is as follow: (during school terms)
Monday – Friday: 14h30 -17h00 | Saturday: 12h00 -17h00 | Sunday: 12h00 -17h00
During school holiday: Every day from 9h30 – 17h00.

Where WILL YOU FIND UROC SAFE PARKS?

UROC safe parks operate in 12 rural villages. These communities are situated between 30 -70 km from the closest town, Piet Retief and Ermelo, Mpumalanga. Roads to the safe parks are dirt roads. Taxi services are limited.

WHAT IS BEING PLANNED FOR 2019?

A new site at Mdukuzane has been identified to be developed as a formal safe park. This area has been approved by the community committee and is central and accessible to the children of the community. International and local funding is being sourced to make this dream come true.

You can become part of this dream. UROC requires the following fencing material:

8 x 3000 mm x 100mm fence posts | 14 x 3000 mm x 50 mm stays | 42 x 2400 STDY poles | 800 meters x 4 mm galvanized wire | 6 x 30m x 1800 x 100 x 75 x 25mm weld mesh | 21 x 15 x 500 mm Razor flat wrap | 5kg 2mm binding wire | 12 bags cement | 1x 900-1000mm personnel gate | 5lt Aluminium paint | 1.5 cub/m crusher dust

THANK YOU!

Many thanks to JLS Music in Piet Retief for sponsoring to teach music to four awesome Uzwelo kids. Their progress is absolutely remarkable. Do you also want to sponsor a musician in the making?

Contact Khantsi at (017) 826 1204 for more information.



Wish list

UZWELO HOME

Winter warm pyjamas for each child
- deposit R 120.00 ref: PJ



BANKING DETAILS

FNB
Current 62032774699
Piet Retief
270144

UROC

Cooking pots for Safe Parks
- deposit ref: pots



BANKING DETAILS

Uzwelo 2
FNB
CHQ ACC 62120987617
25 Church Street
Piet Retief
FIRNZAJJ335





This is Child Protection month

CARING COMMUNITIES PROTECT CHILDREN

The aim of child protection is to ensure the safety, well-being, care and protection of children. Uzwelo Home, UROC other NGO's and Department of Social Development have joined hands to promote the message of child protection.

- one voice against child violence, abuse and neglect -

- Physical abuse: Could be bruises, scars, fractures, burns bites,
- Sexual abuse: Sexually molesting or assaulting a child or allowing a child to be sexually molested or assaulted; encouraging, inducing or forcing a child to be used for sexual gratification of another person; participating or assisting in the commercial sexual exploitation of a child.
- Emotional abuse: It may take the form of failure to meet a child's need for affection, attention, stimulation, or constant verbal abuse, rejection, threats of violence or attempts to frighten the child.



- Deliberate neglect: Continuous failure to protect a child from exposure to any danger, cold, starvation, substance abuse, not carry out important aspects of care

What can YOU and I do?

- Wear a green ribbon and wrap a tree with green material
- Teach children their rights
- Look out for each other's children and create a safe, secure and child-friendly community
- Report child abuse to SAPS / social worker
- Pray for God's protection over our children

WHY GREEN RIBBONS?

It represents the hidden bruises and scares carried by abused children for a lifetime BUT also carries with it hope for a future where there is no child abuse. Like a tree, it symbolizes life and growth associated with children. They need to be nurtured and conserved.

Volunteers Needed!

Do you have a passion for children?

Do you want to mentor a child to reach their fullest potential?

This opportunity is for you!

Please contact our office for sponsoring a child's extra-mural activity or simply helping a child with their home work from 15:30-16:30 week days.

