



# IN VOELING • IN TOUCH

132 jaar van omgee • 132 years of care 1883 - 2015

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Nuusbrief • Newsletter

September 2015 - Januarie/January 2016

## Healing starts at a very young age

Dear Children's Home Friend,

The year has come and gone so fast and we are thankful for the ever growing support that we receive from our community and friends. We would not have been able to care for our children throughout 2015 without the love that you share with us.

We have various programmes at our Home which are there to stimulate, rehabilitate and develop our children. Our programmes have been proven to be very successful. Literature shows us that during the first three to four years of life, the parts of the brain which manage personality traits, learning processes, and coping with stress and emotions, are established, strengthened, and made permanent. Therefore, if these parts of the brain are not used they do not fully develop. The first three to four years in a child's life are critical years and much damage can be done if the child is exposed to a lack of stimulation, abuse, or violence within the family during these years.

At Durbanville Children's Home we understand the effects of trauma on children and their emotional, intellectual and social development. The staff receives constant training and support to ensure that they are able to provide the best possible care for children. I would like to share a specific child's success story with you.

This has been no different for our little Catherine\*. When she arrived at our Home she was a traumatised, neglected little girl who had clearly not received adequate stimulation in her life. Catherine\* was placed at Durbanville Children's Home in 2013 at the very young and vulnerable age of two years. She and her siblings were removed from their mother's care due to serious neglect, on both a physical and emotional level. \*Catherine had been exposed to a lifestyle of violence and drug abuse which could have easily become her norm if she had stayed in these circumstances. She therefore entered the care system during the early years of development when brain growth is most active.

Catherine\* lives in our Happy Feet Unit, which is a developmental unit for children between the ages of one and a half to seven years. In this unit we ensure basic stimulation techniques and stable, predictable nurturance to enable optimal cognitive, language, and personal socialization skills. To assist \*Catherine to develop into a psychologically healthy human being, we have childcare workers who are nurturing, protective, and promote trust and security in the house. However, her childcare workers made an effort to ensure a positive experience and to start the healing process.

The development in Catherine\* has been remarkable. She is four years old and started attending preschool this year. When looking at her school progress, her teachers are amazed by the fact that she has experienced such trauma and neglect before the age of two years. She is on par with and above many of the children in her class.

Catherine\* is a good example of the quality of care that children receive at Durbanville Children's Home. She is a confident, outspoken little girl who loves to go to school. She also loves to paint and draw and an example of her artwork can be seen below.

\*Name has been changed.

If you would like to receive more information about our various programmes or make a donation, please contact Johanna Strauss at [jstrauss@durbanvillekinderhuis.org.za](mailto:jstrauss@durbanvillekinderhuis.org.za) or phone 021 975 6822.

Have a blessed Christmas and festive season.

Rudolf Bezuidenhout



Contact Durbanville Children's Home

Tel: (021) 975 6822 | Fax: (021) 975 1613

[www.durbanvillekinderhuis.org.za](http://www.durbanvillekinderhuis.org.za)

Durbanville Children's Home, a registered non-profit organisation (NPO 011 - 891), is a programme of BADISA that is a joint ministry of the DR Church (Western and Southern Cape) and URCSA (Cape).

Alle kinders het vlerke, ons leer hulle om te vlieg! [ 1 ]

# Ons benodig julle hulp

As oud-onderwyseres en ma weet ek hoe belangrik dit is vir elke kind om gedurig die ondersteuning te kry van die persoon wat in hom of haar glo. 'n Ma het nie 'n graad in opvoedkunde of leerondersteuning nodig nie. Sy moet net daar wees om haar kind te bemoedig, te luister en te help waar sy kan. Soms is dit jou kind wat jou leer, veral as ons nie kan tred hou met die nuwe kurrikulum nie. Dit is die verhouding wat tel en dat jy as ma of pa in haar of hom glo.

Dit is hartseer om te sien hoe ons kinders in die Kinderhuis totaal aan die verloorkant is van hierdie belangrike deel van hul opvoeding. Jy as kinderversorger probeer jou bes om daardie rol te vervul, maar met elke stukkende mensie waarmee ons werk, is daar tussen 12 en soms 24 in jou sorg. Dit is haas onmoontlik om by elke kind se skoolwerk uit te kom. Daar is soveel aspekte wat grens aan die basiese behoeftes van die kind, waaraan die kinderversorger moet aandag gee, dat skoolwerk baie keer laaste in die ry staan.

Omstandighede buite beheer van die kind veroorsaak dat sy skoolopleiding verwaarloos word en dat in die meeste gevalle genoegsame leer om te kan lees nie plaasvind nie. Ja dit is so... Meer as 50% van ons kinders sukkel met lees en kan in sommige gevalle glad nie lees nie. Dink net hoe moet daardie outjie sukkel in 'n gewone klasopset om nie eers te praat van huiswerk doen nie. 'n Kind is mos wonderlik kreatief; as hy nie kan skoolwerk doen nie, doen hy dit wat hy wel goed kan doen en ontwig baie keer die klas.

Elke kind het die reg op een persoon wat gaande is oor hom en wat hom sal ondersteun ook met sy skoolwerk. Ons glo dit kan baie vir ons kinders beteken en daarvoor benodig ons toegewyde vrywilligers sodat ons kinders ook die ervaring kan deel van wat dit is om met selfvertroue die dag aan te durf.

Dit is 'n wonderlike ervaring om te beleef dat die kind wat jy as vrywilliger ondersteun het, matriek skryf met die visie van verdere studie. Was dit nie vir daardie toegewyde vrywilliger nie sou die kind moontlik op 16 nie meer skool bygewoon het nie, want dan was daar niemand om sy visie vir hom lewendig te hou nie.

Skakel Lita Franken by [litafranken@durbanvillekinderhuis.org.za](mailto:litafranken@durbanvillekinderhuis.org.za) of 021 975 6822 vir meer inligting.



## BE PART OF THE FAMILY

Our Charity Shop changes lives in more than one way. Here is a heartfelt but inspiring message from one of our volunteers working at the shop:

I just quickly want to share this lady's story with you.

She saw our advertisement in a paper that she does not usually receive in the Cape Flats but she received one from her neighbour. She is an unemployed single mom of two studying via correspondence sponsored by the father of the child.

She took two taxis to get to our charity shop and over coffee she explained her story. Her life had been a mess and she's on the path of healing and growth.

I stand in awe that this lady, who has nothing, offered to step out of her comfort zone and offer her time to work in our charity shop despite her meager resources. She feels that this is where God wants her in this season of her life.

She said she felt a sense of community and family from the staff and clients. I don't think the Children's Home realises the impact your dream, the charity shop, has had on people. Some clients come every week just for the chat and they don't have to buy anything.

So yes, it is a business but you have also created a sense of community.

Sandy

## Call for volunteers

The Durbanville Children's Home always needs volunteers to become part of our family. There are various ways in which you could become involved. If you are interested in learning more about our volunteer programme and to register as a volunteer you are welcome to attend our mandatory information session. The information session takes place every last Tuesday of each month at the Durbanville Children's Home at 18:30.

**Important:** You need a police clearance certificate and two contactable references to become a volunteer.

Contact: [volunteer@durbanvillekinderhuis.org.za](mailto:volunteer@durbanvillekinderhuis.org.za)



## From one of our volunteers

The Durbanville Children's Home currently has 40 international volunteers who assist us with many tasks at the Home. Saidul shares his story and experiences with us.

I have been a part of the Durbanville Children's Home for just over 11 months now, and in a week from today I will finally say goodbye to the Children's Home. Looking back over the months, I'm filled with memories, many of which were filled with adventurous days and grand nights, from having fun party events with the children to taking them to various outings, watching them play on the beach or ice skating. But also memories of hardship and emotional moments, from having chaotic mornings where all control was lost; celebrating my first Eid day alone without my family, and saying goodbye to fellow volunteers who'd gone from being strangers to best friends and my new family.

One tough but fond memory was my first night working nightshift alongside my fellow volunteer Hanna, in Happy Feet, where all the youngest children reside (as young as two years old). Still new to the Children's Home and having never worked with children so young, I was nervous as I began my nightshift.

Through the whole night I stayed vigilant sitting in the corridor and it would have been a quiet night if it had not been broken by the cries of little ones and terrible raucous coughs.

Each time one of the children coughed the sound felt like it was going through

me, all hoarse and heavy, unlike the cough of a young child. Hanna reassured me that it was just how one of the girls coughed in her sleep. We rose occasionally throughout the night to take the little ones to the toilet, to change nappies (a feat which I had not accomplished before) or softly talk the little ones back to sleep where possible, but it was not always the case.

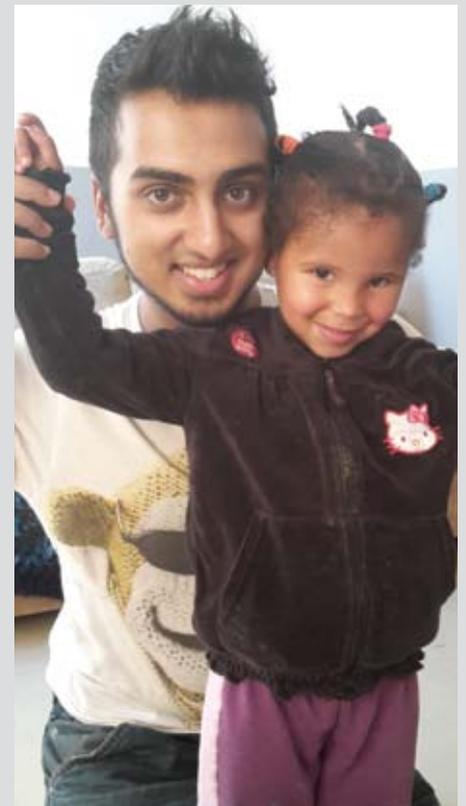
One girl called Nicky\*, once she had awoken, would cry and it felt like she would not stop crying for hours on end. Hanna would hold her hand with me looking on helplessly, our efforts to calm her seemingly be all in vain. We felt like two very tired and sleep deprived parents at our limits' end. Then the childcare worker came to our rescue, spoke strictly in Afrikaans to Nicky\* and then softly again. The next minute Nicky\* was sound asleep as if she had never been awake.

And near the end of this very sleep-deprived night as I walked past the rooms trying to stay awake, I had a strange feeling something was not right. I backtracked to see young Zac\* (one of our youngest at the time) sitting upright, looking at me quietly. As I crouched beside him and asked if everything was alright, if he needed to go to the toilet or if there was anything he needed, he would only nod no and not answer. This left me puzzled. Then I asked if he needed a hug and he nodded yes and so as I hugged little Zac\* and tucked him gently into bed. As I did this it felt like this whole night was worth that little precious moment.

Sometimes in the Children's Home it's not the grand adventures you have with the volunteers or the big events you participate in at the Children's Home that you remember best. It's these little precious moments that you treasure most in your heart when you look back.

-Saidul Alam, Volunteer from Wales, Great Britain.

\* Names changed.



## OUR CHILDREN REACH NEW HEIGHTS WITH ROCK CLIMBING



Since 2013 some of our children have been invited by the Mountain Club of South Africa (MCSA) to enjoy some fun and learning rock climbing skills from the facilitators.

During 2014 we had two groups of eight children each attending sessions every alternative Friday afternoon. From these groups five children were selected to become members of the Rock

City Climbing Club and they attended practice every Friday afternoon.

In 2015, five of our children (four boys and one girl) were invited to the second Annual Inter-Schools Top Rope and Lead Climbing Competition in the Western Cape, which took place at City Rock indoor Climbing Gym. There were 44 children from six schools and clubs that competed.

We are proud to mention that three of our children proceeded to the next round.

Our children took the following prizes:

- Beginner 1 Lead Boys: 3rd place
- Beginner 2 Lead Girls: 1st place
- Intermediate Lead Boys: 3rd place

This has inspired our children to do their best; reach for their dream; not to be afraid; to have inner strength and discipline, and to compete in a healthy way.

## Opgewonde is 'n "understatement"

Dit is weer daai tyd van die jaar waarna almal uitsien... Kersfees.

Kersfees is om die draai en almal is opgewonde oor geskenkies en om tyd saam met hulle familie te spandeer. Ons sien uit na ons Kersefees en al die programme en die wonderlike gevoel en die *vibe* by die kinderhuis.

Ek is so opgewonde oor als.

Dogter 16

# Kersfees



JA Ek wil graag 'n verskil maak deur 'n donasie in 2015!  
YES I'd like to make a difference by donating in 2015!

**Ingesluit is my geskenk: / Enclosed is my gift:**

- R100 – Skryfbehoeftes / Stationery
- R150 – Kospakkie / Food parcels
- R200 – Skoolklere / School clothes

Name / Naam: \_\_\_\_\_

Address / Adres: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

E-mail / E-pos: \_\_\_\_\_

**Direkte inbetalings / Direct bank deposits**

Ek betaal graag R \_\_\_\_\_ in julle rekening in.

I would like to deposit R \_\_\_\_\_ into your account.

ABSA Bank. Rekening/Account no: 1410290983 Ref: your name/Christmas 2015  
**(Please fax proof of payment, plus your name, telephone number and address to 021 975 1613)**

**Tjek en posorders / Cheque and postal orders**

Ek sluit graag 'n tjek/posoder van R \_\_\_\_\_ in.  
I gladly enclose a cheque/postal order to the value of R \_\_\_\_\_

Tjeks is betaalbaar aan BADISA Durbanville Kinderhuis.  
Voltooi asseblief adresbesonderhede.

Cheques are payable to BADISA Durbanville Children's Home.  
Please add address details.

**Swift code:** absazajj (for overseas payments)

**Registered charity number:** 011 - 891

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# Arbeidsterapie by die Kinderhuis

Vir baie van ons is 'n gereelde "waar is ek, waar is ek, daar is ek"-speletjie, 'n stywe drukkie, en 'n liedjie of drie, 'n bekende verskynsel in 'n huis waar daar 'n jongeling teenwoordig is. Hierdie daaglikse stimulasie vorm saam die basiese boublokke van 'n kind se alledaagse funksionering.

'n Kind se daaglikse lewe bestaan uit drie hoofareas van funksionering:

- ADL (aliedaagse aktiwiteite soos eet, aantrek, en tandeborsel)
- Speel
- Skool

Alle aksies of take binne 'n spesifieke area van funksionering (bv. speel), berus en bou altyd op bepaalde basiese vaardighede. Om 'n boom te kan klim, moet jy byvoorbeeld bewus wees van waar jou voete in die ruimte is. As jy dit nie weet nie, sal jy nooit die tak kan raaktrap

nie. 'n Gebrek aan begeleiding en afrigting om die basiese vaardighede wat nodig is vir spesifieke areas van funksionering te bemeester (iets wat in die kinderjare moet gebeur), veroorsaak dan probleme wanneer die kind ouer word.

Hier by die Kinderhuis het ons kinders uit verskeie agtergronde en omstandighede, waar hul meestal nie die nodige "begeleiding en afrigting" gekry het nie. Hulle beskik dus oor verskeie agterstande in hierdie areas van funksionering, hetsy emosioneel, fisiek of sosiaal. Algemene toestande waarmee ons gereeld te doen kry by die Kinderhuis behels fetale alkohol sindroom, verwaarlosing, verstandelike vertraging, en verskeie vorme van mishandeling.

Arbeidsterapie by die Kinderhuis se hoofdoel is dus om elke kind as 'n individu te sien; sy omstandighede,

agtergrond en huidige funksionering in ag te neem, en dan met behulp van verskeie assesseringstegnieke te bepaal waarmee die kind sukkel en ook wat die kind se potensiaal is. 'n Plan word ontwikkel om daardie potensiaal te probeer bereik en individuele terapisessies, asook groepsessies, vind weekliks plaas. Terapisessies bestaan uit aktiwiteite wat versigtig beplan word om aan die spesifieke individu se probleemareas aandag te skenk.

Dit is tans die Kinderhuis se tweede jaar dat die arbeidsterapie-departement bestaan en opgebou word. Die Kinderhuis streef daarna om elke kind die geleentheid te gee om sy volle potensiaal te bereik. Positiewe terugvoering van onderwysers en kinderversorgers is 'n goeie bewys dat die kinders verseker by die terapie baat vind.

Lize van Zyl

## The board game that helps children to talk

Psychologist Christine Kritzas spent her 67 minutes for Mandela Day with us and donated the Smart Heart board game which she and her colleague designed for therapy with children. The board game helps children to identify and communicate their feelings. It helps them to talk about serious issues in a way that is playful and friendly. It also helps them to think independently and gives them a broader emotional vocabulary.



## Charity shop hours

- Wednesday – Friday from 10:00 until 15:00
- Saturday 10:00 – 12:00

## Boekverkope

- Donderdae 10:00 – 13:00
- R2 boekverkope elke laaste Donderdag van die maand.
- Boekverkope by die Rust en Vrede-mark, Durbanville, elke eerste Saterdag van die maand.

## JA ek wil graag 'n spesifieke kind borg / YES I'd like to sponsor a specific child

Indien jy 'n kind wil help deur 'n maandlikse bydrae te maak, is daar 'n paar opsies waaruit jy kan kies.  
If you would like to help a child through making a monthly contribution, there are a number of options you can choose from.

### Direkte inbetalings / Direct bank deposits

Ek betaal graag R \_\_\_\_\_ in julle rekening in.  
I would like to pay R \_\_\_\_\_ into your account.

ABSA Bank. Rekening / Account no: 1410290983  
Ref: your name/Christmas 2015

**(Please fax proof of payment, plus your name, telephone number and address to 021 975 1613)**

### Debietorder Durbanville Kinderhuis / Children's Home debit order

This authority may be cancelled by me/us giving you 30 days notice in writing, sent by prepaid, registered post. I/we understand that I/we shall not be entitled to any refund of amounts which you have withdrawn while this authority was in force if such amounts were legally owed to you. Receipt of this instruction by you shall be regarded as receipt thereof by my/our bank (whichever it is or will be).

ASSIGNMENT: I/We acknowledge that the party hereby authorised to effect the drawing(s) against my/our account may not cede or assign any of its rights to any third party without my/our prior written consent. I/we may not delegate any of my/our obligations in terms of this contract authority to any third party without prior written consent of the authorised party.

Ek gee hiermee toestemming dat my rekening gedebiteer word met R \_\_\_\_\_

I hereby give permission for my account to be debited with R \_\_\_\_\_

Naam/Name: \_\_\_\_\_

Bank: \_\_\_\_\_

Takkode/Branch code: \_\_\_\_\_

Rekeningno/Account no: \_\_\_\_\_

Tipe rekening/Type of account: \_\_\_\_\_

Datum van 1ste aftrekking/Date of 1st deduction: \_\_\_\_\_

Handtekening/Signature: \_\_\_\_\_

# Funksienuus

## Rugbyfunksie

Op die 18de Julie is ons jaarlikse rugbyfunksie by die Backsberg Wynlandgoed gehou. Alhoewel die Springbokke op die nippertjie verloor het, was die atmosfeer by die funksie een van opwinding.

Uit die volgende terugvoering is dit duidelik dat ons gaste dit baie geniet het:

- “Hi, just want to confirm very positive response from the Indawo team. Maybe next year we should take five tables. Well done to you and your team. Keep it up.” – Indawo
- “Ek wil namens die manne vir jul van harte bedank vir 'n heerlike rugbydag. Die terugvoering van ons bestuur en die kliënte wat hul gaste was, was baie positief.” – Tru-Temp Air Conditioning
- “This year was the first time I attended the rugby event and what can I say. It was absolutely fantastic, even for a rugby event. I brought guests that I wanted to show what the Home does for the children that live there, and they were absolutely impressed. I must commend you and the rest of the team for the hard work and all the effort you put into these events.” – Teemane Cranes



## Ladies Breakfast

Our Ladies Breakfast took place on the 5th of September at the beautiful Mistico Equestrian Centre. Martelize Brink - RSG radio presenter - was our guest speaker and Sarah Theron entertained our guests.

Our guests thoroughly enjoyed their day and here is some of the feedback we received:

- “Our ladies had an exceptionally good time on Saturday and we would like to thank you and your team for the great teamwork in making the function a success. Our ladies were truly blown away.” - Colleen Adams – Lewis
- “Ek wil net vir jou laat weet dat ek dink Saterdag was 'n heerlike, reuse-sukses. Ek (en almal aan ons tafel) het dit baie geniet, en die kos was delicious. Well done!!” - Hilda van Schalkwyk



## Urgent needs

- School clothes and shoes
- Stationery
- Cutlery
- Toasters and kettles
- Non-perishable food items

## CALL FOR SUPPORT

We are calling on corporates and individuals to make a difference in our children's lives by donating R30 000 to our urgent needs programme.

Your generosity will be rewarded in the following ways:

- A table for 10 guests at the Annual Ball.
- A table for 10 guests at the Rugby Day.
- A table for 10 guests at the Ladies Tea.
- A four-ball to the Golf Day.
- An invite to our Sponsors Breakfast.
- An advertisement in our Annual Ball promotional brochure.
- Your logo will be displayed on our website, at all our events and in our annual report.
- You will receive an 18 A certificate.
- A BEE certificate will be available on request.
- There will be volunteer opportunities for staff.

Please contact Johanna for further information:  
[jstrauss@durbanvillekinderhuis.org.za](mailto:jstrauss@durbanvillekinderhuis.org.za)

Dankie  
Thank you

## Nuusbrief geborg deur:



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