

COPESSA NEWSLETTER

JANUARY 2013

Dr Nobs Mwanda, the CEO of COPESSA & Ms Lisa Meyer, a 2012 German volunteer



“Have great hopes and dare to go all out for them. Have great dreams and dare to live them. Have tremendous expectations and believe in them.” Norman Vincent Peale

2013, here we come!!!!

By Dr Nobs Mwanda

Whatever happened to time? When I was a child, time seemed to drag on and on. I just remember that I was never my age, but I was always turning my age plus one. Of course, this was capped at a certain stage, sadly, and I learnt to say exactly as it was. This, to me, was a reflection of my impatience with the slowness of time. Anyway, enough of this age thing, in case you all become curious to know my age! Suffice it to say that times seem to go very fast these days and years fly past quickly!

Here we are in 2013. We all wonder what this year will bring. We all have hopes, dreams and intentions. We enter this new year with renewed belief and energy. I can only wish and pray that we will all realise most of our dreams and hopes, and that we will take our good actions at least one notch up.

Let me take this opportunity to thank all the individuals and corporate bodies who supported us in the year that passed. The past four years have been an unrelenting drought for most social organisations. Some have as a result folded up, but thankfully you have kept us going. You have helped us to mitigate the great odds that are stacked against so many of our abused children and youth. We cannot allow child abuse to canker our children. We trust you will continue to lend a hand.

This issue will share some of our highlights for 2012 and the 2013 calendar. Enjoy the read!

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Christmas comes once a year, or does it?

By Gale Leboe & Phillip Seiff

Christmas might have come and gone, but the childlike feeling of sheer happiness, excitement and gratitude, which this season engenders, lingers on. It is with these fond memories that we reflect back on what this period looked like for both our staff and community.

We normally have three Christmas parties at the end of each year, one for the Waterworks Informal Settlement children, another for the Protea Glen children and lastly, for the staff. Last year was no different and all this is of course made possible by our generous donors who have come to enjoy these treats as much as we do.

We kicked off with a party for 276 children at Waterworks. Despite the indifferent weather the spirits were not dampened. There was so much eagerness and laughter as the children ditched their clothes for swimwear or stark nakedness, and ran in total excitement to the water slide. The children were treated to burgers and juices for lunch and were each given a gift pack, courtesy of the Marian College Grade 4 learners. The Lenmed Private Clinic has made this their regular event, and we are truly thankful.

Two days later, it was time to show some love to the staff, who work tirelessly throughout the year, with seemingly little appreciation. As has become custom, Thaba Ya Batswana hosted us for free, for a multi-course

sumptuous meal. It was with such amusement that one watched the younger volunteers making multiple trips to the buffet counter. Needless to say the food won the contest on the day.

A few days later we hosted our last party for 361 Protea Glen children at the play park COPESSA has built, with the help of City Parks and the Mike Horn Foundation. By this time our staff was jaded, but they should not have been concerned as Mr Bredenoord from the Premier Hotels brought a bus full of their staff members to do the work.

To some people this may sound frivolous, but to the many indigent children who this kindness touches, it is a highlight of the year. They look forward to this date with great anticipation. As early as October they remind our administrator how good they have been throughout the year and request to be registered for the day. To our staff these multiple Christmas parties are a time to show some love and to receive some love.

We truly thank all the sponsors mentioned above, including Jawitz who hired the jumping castles for both parties and Marian College grade 4's, driven by the warm and loving Ms Mays, who provided Christmas packs for all the children. *UKwanda kwaliwa nguMthakati, ningadinwa nangomso! Certainly, Christmas comes thrice a year to us.*

Fusce ac leo

Purus, in consectetuer Proin in sapien. Fusce urna magna, neque eget lacus. Maecenas felis nunc, aliquam ac, consequat vitae, feugiat at, blandit vitae, euismod vel.



News in colour - from our archives

Pick n Pay Director (L) & staff, after the health walk



Lenmed Private Hospital staff screening for BP, Diabetes, etc.



COPESSA staff at Thaba Ya BaTswana Christmas lunch



Thank you Marian College Grade 4's



Joburg Zoo brought their animals for the SiZa Health Park launch

News in colour



The winners of the longest day at our 2012 COPESSA Golf Day, showing off their prizes! I am sure they will want to improve this position this year.



Lenmed Private Hospital staff preparing to serve lunch at the Christmas Party



Premier Hotels Staff preparing lunch for the children at Protea Glen Christmas Party

The walk and the aerobics marathon



Community health awareness walk - by Gopi Maremela

Each year at COPESSA we find new meaning to the work we do, as we stretch ourselves to provide 'ecological' solutions to the child abuse scourge that concern us all as a country. We ended 2012 with a bang when we took on a challenge of our first Protea Glen Health Awareness day. This was an initiative of the members of the outdoor gym.

With the launch of the SiZa Health Park in July 2012, the members who attend the outdoor gym realised that there is something that they can do to contribute towards the growth and maintenance of this facility. They selected a committee that would plan activities, and the first one was a Health Walk. The aims of this walk were to raise funds for a shelter for the outdoor gym, so that they can exercise throughout the day and to celebrate all that promotes physical, mental and social well-being. The 1st of December, the World Aids Day, was deemed to be just the right date.

The day kicked off with registration at 06:30, at R50 per participating member. After a short prayer we commenced our 6,7km walk, which went through the township. This walk finished at the SiZa Health Park, a facility recently birthed by COPESSA and which, boasts of an outdoor gym and an aerobics strip. After stretching and healthy refreshments, the participants started with the two-hour long aerobics marathon. We had four aerobics instructors who took us through the paces. What joy!

Lenmed Private Hospital was on duty to attend to any emergencies and also offered free screening tests for

metabolic diseases on the day to all who wanted to be tested. SANCA also provided a short talk and information about substance abuse.

All the participants were winners on the day, but the following excelled and pushed themselves beyond the limits: for the walk - Emmanuel Twala, Thuli Mntambo, Vuyelwa Ntuli, and for the aerobics marathon - Seipati Sejoe, Johnson Magadla and Lazarus Moime.

The day ended on a very high note, excuse the pun, with some spirited singing and drumming and a very poignant drama by The Calling Theatre Productions. The drumming was led by Nathi Khumalo from Drumanathi Events & Projects. This was certainly the cherry on top!

Events like this are possible only through sponsorship. We are truly grateful to the following sponsors:

- Protea Glen Pick n Pay - a donation of R5 000, fruit water, and energy drinks.
- Lenmed Private Hospital - T-shirts, Medical emergency support, screening tests
- Foreplay Energy Drinks - Energy drinks
- Justice Baloyi - Sound system
- Bonitas Medical Aid - BP machine, water
- Gleneagles Builder's Warehouse - for the trophies

Philanthropy Corner:

Friends of COPESSA - monthly donations

- Ms Shirley Mabusela - R1 000
- Ms Nomsa Makoe - R200
- Mr Paul Qacha - R500
- Mr Elias Borole - R500
- Ms Lindi Mbongwe - R500

Donations-in-kind - Nov 2012 - Jan 2013

- **Premier Hotels** - Carpets
- **Marian College, Linmeyer** - Blackboards

Donations - Nov 2012 - Jan 2013

- **National Lottery Distribution Fund** - R228 381 - O/s balance for a Converted Container for Women's Craft & towards the running costs
- **Lenmed Private Hospital** - R4 746 - T-shirts for the Community Health Awareness Walk
- **Protea Glen Pick n Pay** - R5 000 - towards the Community Awareness Walk
- **Gauteng Social Development** - R107 366.52 - Salaries for social workers, psychologist and volunteers
- **South African German Network** - R10 883.49 - general running costs

Looking for opportunities to be involved? Here are some ideas.....

- Volunteer some of your time reading, playing, teaching chess; drumming, dance, etc. with the children at our park
- Sign up for the loyalty programme - MyVillage Card. Visit website: www. to sign up.
- Be a monthly or once off donor.
- If your business produces lots of waste glass, let us put a Glass recycle bin at your premises at no cost to you

Phone us at 011 297 3320 if you have a brilliant idea!

EVENTS

1. **COPESSA Annual Fundraising Golf Day - 14 March 2013 @ Glenvista Country Club.**

2. **Community Health Awareness Walk - 21 March 2013**

For more enquiries phone Nobs @ 082 552 9449

COPESSA

COPESSA is a registered social profit organisation based in Soweto. Our reason for being is to prevent child abuse before it occurs in the first instance. Where we cannot, we offer counselling and medical services to survivors and their families.

VISION

We aspire to protect children by creating safe, secure and caring communities for children.

MISSION

COPESSA protects children through the following interventions:

- I. Creation of sustainable community development programmes & projects
- II. Counselling and medical assessment of abuse survivors & their families
- III. Training and capacity building of communities and through research

Banking details

Account name

COPESSA

Bank

Nedbank

Branch

Business Central, Gauteng

Branch code

128405

Account number

1284 039 501

International Swift Code

nedszajj

COPESSA in a nutshell - strengthening communities and neighbourhoods

Board of Directors:

Mr E Borole; Ms N. Mkhize; Dr Nobs Mwanda (CEO); Mr P. Qacha; Rev J. Mabasa; Dr U.T. Motjuwadi; (Ms L. Mbongwe)

Patron: Dr Sibongile Khumalo