

**““You have to chase your dreams, no matter what. The impossible just takes a little longer.**

**One stroke at a time, one step at a time, the impossible is easy to achieve.”**

**– Tori Murden”**

## **Gondwana Care Trust Newsletter – May to June 2019**

**Thank you to all our partners, sponsors, friends and colleagues who continually trust and support our projects. We cannot do it alone and together we can make a small difference in someone's life.**

**Please find below a quick update on some of the projects Gondwana Care Trust assisted in the past few weeks. We will try to summarise as much as we can so please do not hesitate in contacting us via email ([dginiv@iway.na](mailto:dginiv@iway.na)) for further details on any of the following projects.**

**It is always so difficult to keep it short regarding feedback on the amazing work these incredible associations or/and individuals achieve everyday for their community and children...**

**We are always looking at new projects and extend some assistance when needed. The aim is not to create a dependance but empower the individual to carry on with the project in a sustainable manner.**

**Assistance comes in many forms. We are extremely blessed to have business partners who have extended their generosity towards our projects.**

### **Ann Pads: Washable Hygienic pads for youth in rural area**

**Project co-ordinator: Hermine Bertolini (Ann Pads) - +264 812878516 - [bertolinihe@iway.na](mailto:bertolinihe@iway.na)**

**We have in the past already assisted in the distribution of the washable pads to rural areas and especially to young teens who could not afford the disposable hygienic pads.**

**This topic is easily avoided for obvious reason and sometimes it is even considered a taboo in certain area of Namibia to discuss menstruation.**

**Menstruation is a fact of life and is part of every girls, teens, women and too many are deprived of education as they cannot attend school due to menstruation. About 25% of the curriculum is lost at the end of the year!**

In more and more rural areas, the alternative of using the hormonal injection to avoid bleeding is used as it is free in most clinics. I cannot underline enough the negative effect for a young girl to use hormonal injection as a use to avoid menstruation! During my last visit to the Northern part of Namibia, too many young girls (as young as 12 years old) are using the injection and the lack of education on the topic is frightening.

Ms Bertholine has visited several schools and is advocating the use of the washable pads against the contraceptive injection if the latter is not needed for unwanted pregnancy.

The Gondwana Care Trust sponsored in April 100 Pads to the total value 12 000.00Nad that were distributed amongst Dr Frans Aupa Indongo Primary School 40 packets / Mountain View High School 60 packets



Ann Pads is organising an outreach to the Zambezi region and is looking for further support. After we enquired with the School life skill teachers the real need for the washable pads, 300 girls are still in need opposed to 400 using the injections.

Gondwana Care Trust is sponsoring 150 Pads, total value 18 000.00Nad.

Please do not hesitate in contacting me or Hermine directly if you want to assist in the outreach programme. Thank you

## **Waldorf Cultural Tour to Germany 2019**

On 07 September 2019 the worldwide Waldorf School movement will be celebrating its 100<sup>th</sup> Anniversary. In September 2019 there will be two big events in Stuttgart and Berlin.

The High School Choir of the Waldorf School Windhoek is invited to these two events in the Liederhalle Stuttgart on Saturday 07.09.2019 and in the Tempodrom in Berlin

on Thursday 19.09.2019 to represent Waldorf Schools in Africa.

Many of the kids attending the choir are not able to sponsor themselves for such an event. Gondwana Care Trust aims at assisting at all levels and culture & art is also part of our everyday life and so many Namibians are not given enough opportunities to experience other cultures.

These trips are often once in a lifetime experience in a child life.

The Trust was asked to sponsor the kids with 100 T-shirts and 50 caps so the kids are able to perform in harmony. All the best for the tour. Please do not hesitate in contacting the school as they are still raising funds towards the trip.

Total value: 14 375.00Nad



## **Mammadu – Katutura**

Project Coordinator: Ms Agnes Albrecht Röhm - [agnes@mammadu.org](mailto:agnes@mammadu.org) - Mammadu Trust - [www.mammadu.org](http://www.mammadu.org)

Please visit their website for more information on how to assist Mammadu and the children in Katutura. From a warm meal to assistance for their homework, the centre is doing so much for the children but also their mothers in giving them the opportunity to create goods from recycled plastic and other material.

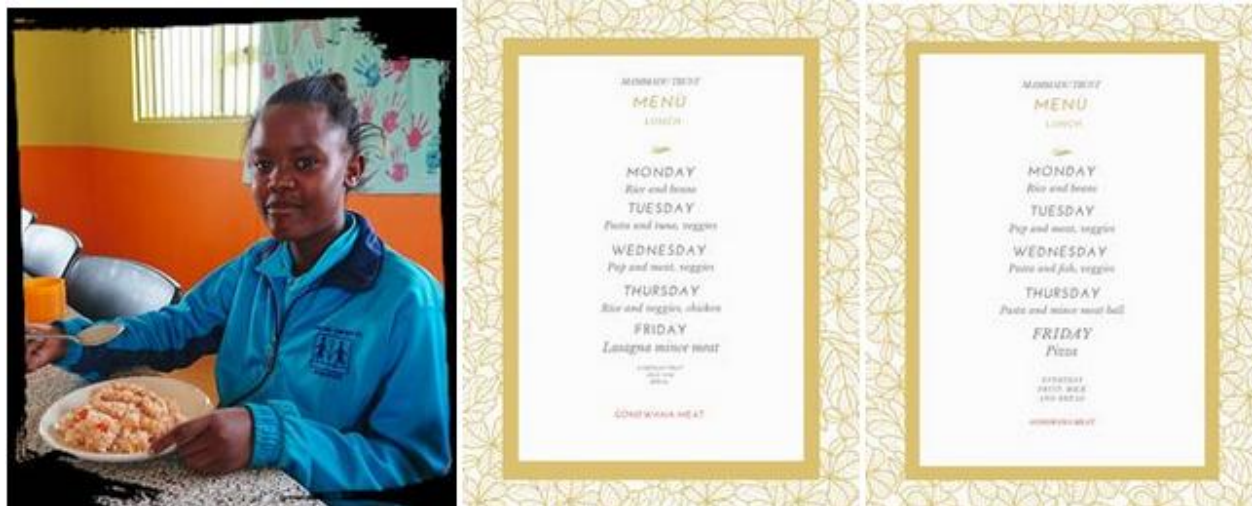
As last year, Mammadu took part of the Green Market Café in Windhoek to raise funds for the centre. Gondwana Care Trust sponsored the ingredients for the stand for the value of 3 275.0Nad.

This year Mammadu made a turnover of over 10.000 Nad and a profit of over 8000. A big success.



Well done Mammadu and the children who took part of the event!

Gondwana Care Trust is also sponsoring the feeding programme at Mammadu through the donation of meat twice a month so the children can receive a warm meal daily. Mammadu has been effectively using the meat to create a varied menu for the kids. Thank you for the feedback and your support towards the welfare of the children.



## **Delta Primary School – Hostel kids**

Project co-ordinator: Ms Chanel Richter – [chanel.richter@cullinannamibia.com](mailto:chanel.richter@cullinannamibia.com)

Ms Chanel Richter is co-ordinating the project and she was raising funds to get some much needed new mattresses for the children staying in hostel. Many of the children do not have funds and barely manage to pay their monthly fee for the school and hostel.

The school is a government school and as many schools do not receive enough funds to properly manage the school maintenance. The girl hostel was without hot water for over a year and the second level of the boy hostel is still without water! None of the lavatory are working and the boys need to use the ground floor bathroom.

The overall state of the hostel is sad and the mattresses are very old and totally worn out!





The hostel is supposed to welcome even more children next year even though there is no water for the boys and some of the windows are still broken. Thanks to the Art teachers and other teachers, the girl side has been decorated so it looks child friendly and homely. The boys side unfortunately does not have any decoration and looks very sad.

The delivery of food for the children is also minimal and the staff and caretaker often rely on private donation to be able to cook enough food for the children.

It is sad that many schools face the same situation and without awareness from the caretaker and the dedication of few of the parents, the children would not be able to have enough food for the day.

These two pictures below show the ration given the school to feed over 67 kids for a week, 3 meals a day plus a snack...



The caretaker said that they do not always get the food delivered on time and sometimes the school is even skipped.

The Gondwana Care Trust decided to assist the hostel with 88 new mattresses. Thanks to our partners, **Namib Foam** for giving us a great discount and **Bedding Warehouse Windhoek** for their sponsorship of 10 000.00Nad towards the mattresses! Thank you!

We cannot do it alone and we cannot thank you enough for jumping in immediately and assist with this project.



The Gondwana Care Trust will also assist towards the feeding programme of the hostel children by sponsoring groceries on a Adhoc basis. Too many children are staying on a permanent basis at the hostel as it is too far for them to go home on and the parents cannot afford to send food along with the child.

Total value of the donation for the mattresses: 45 540.00Nad

## **P.A.Y Centre : Physically Active Youth Namibia - Katutura**

Project co-ordinator: Ms **Thubaelihle Sibanda (Senior Programme Manager)** - [thuba@paynamibia.org](mailto:thuba@paynamibia.org) and Ms **Ursula Matzopoulos - Programme Manager** – [ursula@paynamibia.org](mailto:ursula@paynamibia.org) - <http://www.paynamibia.org> - Cell: +264 81 1279074

The PAY center is situated in Katutura and welcomes children after school for lunch and homework support and sport activities such as cycling, swimming, soccer, Chess... Activities are also organised over the weekends so the youth can be physically active and remain healthy and out of the streets temptations....



The center receives good sponsorship for some areas and for others, they need assistance to continue the fantastic job they have been doing for the past 15 years, thanks to volunteers who commit to give back to the youth.

The programme has seen great success stories , not only in sport but in academic achievements. Kids who enrol for free into the PAY programme follow a strict routine and follow up on their school report provide the ground for the tutors to pinpoint where the kid needs to focus during study time.

The number of kids at the centre is unbelievable! The energy and structure among all the chaos of all the kids trying to get to their class is incredible.... The discipline and focus is so real ... it is making such a difference in these kids life to be able to get a meal and have support for their homework! Whatever schools they come from, they can join a class for their subject and get support to study for a specific tests / exams. This gives them such an opportunity to succeed at school! They have to bring their school reports at the end of the term so the tutors can evaluate where they need more support.

I wish we could have more of these centres in Namibia. Too many children do not have the support to study and drop out of school due to academic failure.

During our last visit to the centre, Gondwana Care Trusts donated 4 Tablets to the IT Class so children can search for information while waiting for a place at the computer table... **They do need more of these Tablets or computer! Please contact them if you can assist!!**

The Centre receives assistance with meat but needs another source of protein and the caretaker is looking for fish to add to the kids diet.

The centre has a vegetables garden but it needs some attention again now as the ground needs to be replaced and new seeds planted etc..... **Please if you are willing to assist us in this area, contact me or Ms Ursula directly.**



Gondwana Care Trust is looking at assisting the centre with their feeding programme. Please contact me ([dginiv@iway.na](mailto:dginiv@iway.na)) if you want to assist in the Meals For Two programme.

They lacked fish in their diet and of course fruits and veggies. Children get lunch and after homework, they get 2 sandwiches and a fruit (if they have) to go home. Most of these kids do not have food at home so at least the centre provides them with the minimum for dinner.



Each child is registered and if he/she misses classes more than 3 times without explanation, they are out of the program. The centre is free but they demand commitment and discipline from the kid.

The Gondwana Care Trust will sponsor groceries on an Ad hoc basis the centre until the centre can get sustainable assistance in this area. If you are willing to assist this programme, please contact us or P.A.Y. directly.

## **Follow up: The Lidar Foundation – Katatura - Windhoek**

Project Coordinator: Ms Serley Khaxas - [lidarfoundation@gmail.com](mailto:lidarfoundation@gmail.com) - 081 687 1537

Lidar Foundation is a center in the heart of Katatura where many kids find themselves living in the street and without an adult guidance and protection. Serley opens the center to welcome children and teens who find themselves in difficult situation such as pregnancy, abused, abandonment... The centre helps the children with a meal during the day, being breakfast before they start school, lunch and early dinner.

The center organizes numerous workshop for young mothers so they can gain some credentials and find employment. The next training will be a course for 6 weeks towards lifeskills and cooking training for the young mothers. To learn the basic of cooking healthy food and make the difference between starch / protein / carbs etc.... To learn how to feed their young children the best way for the child to get the best nutrition with basic ingredients.

Gondwana Care Trusts sponsored the training program with the dry goods needed. Total Value: 7 981.43 Nad

Pictures to follow in the next newsletter or visit their facebook pages for more information – Lidar Foundation.

The centre has received help from various sponsors but they are still in need of regular sponsorship for hygienic goods for the teens, dry food and educational material for the children who come study at the center after school.

Thank you to Mr Erno Bertolini from Empower Light for the donation of 24 Rechargeable LED Bulbs to the Center. These amazing Bulbs recharge at they are being used and in case of power failure, the bulb can still provide light as it has charged. This is in aid to reduce the electricity bill at the Centre.

These bulbs are currently available at all Metro's and Spar. The bulbs;

- 1) Works as a normal LED bulb with electricity but with a 50 000 hour lifespan.



- 2) Works with a light switch when the Power cuts and will shine for up to 3 hours, like a torch.
- 3) Shines bright by the touch of a hand or when the base is inserted in a small amount of water or wet ground.
- 4) Fully rechargeable, built-in lithium battery.
- 5) Extreme energy saving.
- 6) Eco friendly.
- 7) High level of safety and child friendly.
- 8) Made from plastic and aluminum.



Thank you Mr Bertholini for the food donated to the Centre.

Gondwana Care Trusts has sponsored the center with starter pack for the children who were starting their 2<sup>nd</sup> school term – age from 8 to 18. Lidar has a few of their teens enrolled at UNAM in their first and second year. These young ladies are looking for sponsorship especially for their academic fees and accommodation. Most of them live at the center as they have no accommodation otherwise.

GCT sponsored 18 Gondwana bags filled with some stationery and basic hygienic products and cookies and sweets of course.... A small note for each child to encourage them to carry on and to study hard at school!

Total value for the hygienic goods only: 3 550.92Nad



Please do not hesitate in contacting me or Serley if you want to assist the center! They are doing a wonderful job and the children are receiving so much love, care and attention. Thank you for any donation.

## **KHAIBASEN CENTRE - Okahandja**

The Project name is : Khaibasen Community Centre

Co-ordinator: Ms Kujandeka & Mr Theron - Contact Detail – Mr Willie Theron – 081 605 66 15 – [annie.t@iway.na](mailto:annie.t@iway.na)

Thanks to Global United and Gee-Om for their continued assistance towards Paulina and the Khaibasen Community center.

This centre welcomes children on a daily basis. A warm meal is prepared and must be consumed at the centre to avoid the child being robbed of his food once back in the street. There is a small crèche at the centre but most of the kids are street kids or the children living off the dumpsite in Okahandja.

Ms Paulina who is in charge of the project is trying to get the children off the street and back to school. This is not an easy task and the first step is to have the child attend basic school and adopt some minimum life skills and stay off the dumpsite where alcohol and drugs are available.

At this stage, they are looking after 64 children through the day care program:

0 – 2 years caring / 3 – 4 years basic learning / 5 – 6 years pre-school

The program is always in need of: Any food : dry food and vegetables and fruits / Chairs / Tables

The Gondwana Care Trusts sponsored the Centre with a fridge so they can keep the fresh veggies and fruits a bit longer. There is power at the center and a freezer.

The GCT will also sponsored the centre on an Ad hoc basis some groceries until the center can get some more assistance towards their feeding program. Thank you to anyone willing to assist in this worthy project. Paulina needs more support.



## **XMAS BAG PROJECT 2019:**

Gondwana Care Trusts – [dginiv@iway.na](mailto:dginiv@iway.na) – 081 242 59 00 for more information

Last year we reached a 1 000 kids with a bag filled with a basic stationery kit but also with a toy and the basic hygienic set... This year our aim is to double this number!

This year Namibia is experiencing the worst drought in over 50 years and we know that many will suffer the disastrous consequences... therefore the Gondwana Care Trusts has decided to go further with the Xmas Bag and add a basic set for a meal so the family can also enjoy a warm meal together. To reach this goal, we would like to add a can of fish / a can of bully beef or similar and a small bag of pasta or rice or maize...

Thank you to our partners who have jumped in immediately and contributed towards the Xmas Bag project – THANK YOU Sea Pride Walvis Bay

And THANK YOU Sea work.

We cannot do it alone! Please if you are willing to assist us, contact me or drop off your donation at the Gondwana Collection head office... Please write on your donation your name and email address so we can add you to the newsletter and XMAS BAG 2019.

What we need towards the Xmas Bag: **XMAS BAG BASIC NECESSITIES:**



**Basic stationery set:** Exercise book / set of pen & pencil with ruler, eraser and sharpener / 10 pages plastic folder / crayons or colouring pens and the plastic cover to put it all in.

**Basic Hygienic set:** soap / small Vaseline / toothpaste and toothbrush (all ages needed) / body cream / hand towel / washable hygienic pad if possible (cost 120Nad @ Ann Pads) / roll on for boys and girls... anything extra is a bonus

**Basic extra/toys set:** small cars and figurines / small dolls / colouring books / reading books (all ages) / puzzles / educational toys all ages / crayons and clays.... Any small toys for boys and girls and teens... sweets if possible

**Basic food set:** small bags for every item please so we can pack into the bag or with: pasta / rice / bully beef / oil / sugar / coffee or tea.... Cookies are a bonus and sweets

**We will start packing the bags in October** in time for the schools Year End Ceremony in November...

Thank you for sharing this newsletter with friends and partners, without the support we receive from our colleagues, partners in business and our friends, we would not be able to share with so many.

Remember to share a smile is to care and care for another is the first step towards self care.