West Coast Community Foundation

Hands of Hope

August 2011
Volume 2, Issue 2

Women's Day Celebrations

Every now and then the staff members of WCCF will venture into something new. This past month was nothing new. We converted our office into a production line and produced 300 gift bags in celebration of Women's Day.

This event took place in the Moorreesburg Town Hall on Tuesday 9 August 2011 and it was called a "Rural Interracial Celebration of Womanhood". There were 3 host speakers that talked about abused women, HIV/AIDS and the role of the women in the house, church and her community. This day was just a small token of appreciation to all women and WCCF was happy to be part of this special day.



Picture above: CEO hard at work.



Picture above: Jeremy, Margaret & Ilze working their magic.

Pictures below: The ladies that keeps our societies together.





Radio Documentary – done by Loren Pienaar for Radio sonder Grense

"Te danke aan die Weskus Gemeenskaps Stigting (WCCF) het ek die geleentheid gekry om 'n dokumentêr te doen oor Riverlands Primêr vir Radio Sonder Grense.
Die ervaring was wonderlik. Dit het my baie nederig gemaak en weereens net laat besef hoe min mense het, maar hoe baie jy wel kan doen met die gawes wat jy ontvang het.



Van die eerste dag af het (WCCF) my bygestaan en die ervaring net nog beter gemaak. Om tussen die mense te wees en na hulle stories te luister, laat my are altyd bruis van opwinding. Ek hoop die dokumentêr het gereg gedoen aan die Gemeenskap en die werk wat WCCF doen. "

"Weereens dankie vir die hulp!"
Loren Pienaar

Important Dates:

24 September
Heritage Day

26-30 September
Phelophepa
Health Care Train

27 October
EMO ADAMS SHOW **(limited seats available book now, contact 022 482 1993)**
&
Friends of the Foundation Function

17-18 November
WCCF Annual Conference

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Healing through Storytelling – the Clayjar Restoration & Healing Project

The Clayjar Restoration and Healing project is an inspiring program for understanding how the past (Apartheid) has influenced current reality in South Africa.

The aim & objective of this program are:

*To understand the story of our country, specifically under Apartheid rule, & how we have been impacted as a people.
*Learn to unlock past trauma.
*To share the story of our people in a supportive environment.
*Learn how to link your present issues with the past trauma of our country being governed by an oppressive regime.
*Learn to start the restoration process of your life.
*Learn how to write a new script for your life.

So the process is very well designed to get to the crux of the matter.

It has nothing to do with stirring up anger and conflict, but everything to do with finding Forgiveness. What is never revealed can never be forgiven!

Picture below: Gilly Southwood, Renee Hector-Kannemeyer, Jeremy Maarman & Angelina April (facilitators) with the second group of participants.



Feedback from Participants

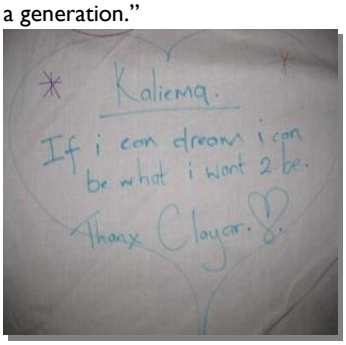
Tatum Maart 16. "It is upsetting that parents do not speak to their kids about important matters, which will haunt them forever and also have this confusion inside of them. It is important to let them know at a young age about the history to help them."



Faren Bender, 18. "I expected something totally different. I didn't expect it to be life changing."



Jeremy Maarman, 27. "The negative emotions and depression are the root cause of the social ills that are plaguing the African communities. People need to realise that we are all affected by Apartheid and that those scars are potentially destroying a generation."



Mario Africa, 27. "There is a need for this course to motivate and inspire young people and break free from the impact that Apartheid had on broken homes and broken communities."



Phelophepa Health Care Train – Quality of life through a united effort

Transnet-Phelophepa is a healthcare clinic on wheels that travels into areas of rural South Africa, where there is just one doctor for every 5,000 patients, to provide health care.

Literally translated, 'Phelophepa' means 'good, clean health' and this encapsulates the essence of what the train aims to achieve. Roche is the main external sponsor of Phelophepa, having provided support since its first journey in 1994.



How does Phelophepa work?
Phelophepa is owned and operated by Transnet Limited – South Africa's biggest state-owned freight transportation and logistics company.

The train comprises of 18 coaches providing facilities to conduct general health, dental and eye checks in rural communities, and dispense treatments for diagnosed conditions.

In addition to these general health services, individual counselling sessions and group workshops to help people cope with psychological issues such as stress and depression are offered.



Pictures above & to the right: Communities are able to benefit through blood tests, dental care, eye tests and general health checks.





Ultimately the outcomes of Phelophepa are driven by the focus on "good, clean health". Health inspires productivity, productivity generates growth and growth inspires prosperity.

The Phelophepa Health Care Train will be stationed in the following areas near you:

Caledon: 05-09 September
Saldanha: 12-16 September and 19-23 September
MALMESBURY: 26-30 September