



St. Joseph's Care
and Support Trust
AT SIZANANI VILLAGE

team *talk*

J u n e 2 0 1 0

One spirit ,one goal for Foster Parents in Wolvenkop

The aim of the Community Development programme of St Joseph's is to improve the quality of life of people infected and affected by life threatening illnesses by establishing self-help projects in order to enhance self-sufficiency. It targets and benefits foster parents, (who are mainly women) orphans as well as people living with life threatening illnesses by enabling them to produce outputs such as vegetables, bread and beadwork. We take a closer look at one of this income generating project Kuthulani Bakery in Wolvenkop. The project was initiated by 7 ladies who are all foster parents.

'We were united by one spirit that illuminated our strength as women. In 2002, we began to ask questions on what we could do as women for the community,' recalls Cindiswe project leader.

The ladies responded to the needs and the poverty of the area by volunteering at the local primary school where their children were schooling, by cleaning and picking up litter. While they were volunteering at school, they realised that the children were going to school without eating. They decided that they could do something for the children who were going to school hungry and those who had no parents.

This vision strengthened the group's action. People were noticing what they were doing in the community and appreciated it.



The school principal introduced the women to St Joseph's. They shared their vision with the organisation and together developed the bakery idea, starting with bread rolls, baked in a clay oven. St Joseph's realised the disadvantages of baking outside and they built an indoor bakery for the women. It was then that St Joseph's looked for partnership and Kids Rights from the Netherlands came to the assistance and provided the bakery with gas ovens. Their bread output increased and there was a great demand for the bread from the community.

The Ladies started to make voetkoes for the children and sold their products to the local school and

the feeding scheme. A local company, Chipkin donated new electric ovens to the bakery. This donation boosted the morale of the women since it increased output and efficiency with less human effort applied.



The team admits that it was not always easy. They were giving without receiving. They would begin work at 04h00 and only get home at 19h00. They had to learn patience, because it was a long time before they were receiving any income from the project and there were lots of challenges and delays such as waiting for supplies, water, and waiting for electricity to be connected in the area.



The women have appreciated the support from St Joseph's through the Community Development Department since they started. The Department has helped them to look for other places to sell their bread. To date sandwiches for Orphans and Vulnerable Children at Wolvenkop Drop are being prepared by the women. Kuthulani Bakery is also supplying St Joseph's staff and Kids Care and Support Trust in Zithobeni with bread.



Ever since the bakery started to provide lunch boxes to Orphans and Vulnerable Children, they have improved in health and wellbeing, are more active in class, happy, school drop outs have reduced and performance at school has improved tremendously noted the school principal.



The women received further training from Mish Confectionaries on how to bake cakes, scones and improve bread quality. The training which they have received have enabled them to offer a variety of services to the community thus increasing their revenue.

St Joseph's my second home

My name is Dimakatso Cheze and I am 19 years of age. I live in Ekangala Section E and attend school at Ekangala Comprehensive High school. I live with my grandmother and my elder sister. My mother passed away while I was 7 years old. When I was doing grade 4 my aunt took us to live with her but things did not turn out the way we expected. My aunt was failing to cope with the pressures which came as a result of staying with us. We then went back to stay with my grandmother.

As an orphan, life was always difficult because people were always looking down upon me. I do not know my father and my mother died before we could have a real relationship like any daughter and mother would normally have. I was beginning to feel lonely and I always thought that my mother was not dead. I always wished that she was going to come back one day. As a result of this I became a loner and did not enjoy the presence of friends and colleagues.



The coming in of St Joseph's changed things in my life. I had found a second home. St Joseph's treats me like their own child. Ever since I joined the programme I feel positive about life. I now believe that I am capable of doing great things, trust myself and love challenges.

During my free time, I enjoy interacting with other children, acting and playing netball. St Joseph's has taught me to love, respect and care for others.

The camps I have attended have been very helpful as they have helped me to realise how special, unique and important I am. The programmes that we are taught have helped me to understand about HIV/AIDS, how one can get infected, how to manage stress and how to look after myself as a young girl and how to deal with challenges that come my way.



As I am doing my grade 11, my hope is that I will continue to receive support to help me further my studies so that I can become a better person in the future. My dream is to get a job and help my grandmother build a bigger house because the one which we are staying in at the moment is too small. I also want to help those who are in need and help the organisation so that it will continue to help others. I want to build a bright future so that my mother can 'smile back at me even in her grave'.

All because of St Joseph's

My name is Lukas and I am a 9 year old orphan from Onverwacht Community. St Joseph's Care and Support Trust has changed my life completely. Being HIV positive is no longer a burden to me. I have learnt to accept my status and to live positively. St Joseph's has come to my assistance by offering me good awareness on antiretroviral treatment, transport money to go and collect medication and has also assisted me with food parcels. Taking ARVs daily has become part of my daily routine and life. I am offered nutritional food daily and receive some counselling on how to live a healthy life.



Living in a house with good conditions was always my dream. Previously we used to sleep under a shack with rusted corrugated iron with no proper floor. Conditions were always worse during winter as it would be very cold in these shacks. The shack which we were living in was too small for us. Life was so terrible for us. I used to feel uncomfortable whenever my friends used to visit me. I would prefer to socialise outside in the hope that they would not see where we stay. However, this is no longer the case as a new house was built for us by St Joseph's in 2009.

The house which we are now living in is a two roomed, plastered and has windows which allow good ventilation to take place. The place is big enough to accommodate my family. We have expressed gratitude because we could not afford to build a proper house before.



I am also grateful for the psycho-social support which is offered to us by the organisation. Through St Joseph's we have opportunities to go for spiritual camps which strengthen our spiritual wellbeing. We are also provided with school uniforms. Social workers visit us regularly to offer support by listening and helping us with our problems. The monthly support groups help us to share experiences and off load our feelings to the elders who will be with us during the meetings.

I am living my dream with St Joseph's Support

My name is Sbusiso Moses Zulu. I am 19 years of age and stay in Sokhulumu. I come from a poor family background and live with my mother. When I was still in high school I used to travel long distances wearing short trousers and a T- shirt with no shoes. My worst moments were in winter as I would cover 10 miles of walking to school without a jersey. I didn't lose hope of going to school because I did not have shoes or that my friends were wearing nice shoes.



Things changed for me in 2006 when a Child Care Worker from St Joseph's visited my place. After she had assessed my situation she then invited me to come for registration in the programme. My life has changed ever since I joined the programme. Not only have I benefited from clothes and food, I was given a big opportunity to attend college in Pretoria. I never thought that I could further my education in life. My life continues to change for the better with St Josephs.

I am doing my Information Technology course and have completed Information Computer Drivers License module 1 at Tshwane North College. I am looking forward to good results so as to make my mother proud and also all those who have supported me all this while. My dream is to be an Administration Officer. I want to help other who suffer like me and encourage them to live positively.

During my free time I enjoy playing soccer and playing computer games. I am also good in fixing electrical gadgets such as radios and stoves.



I want to thank St Joseph's for being so supportive ever since I joined the programme. The Child Care Workers in my area have been so supportive by giving me good advice and helping to me register with Tshwane North College. My life would have not been the same had it not been for St Joseph's.

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