

HOPE TO HEAL FOUNDATION'S MANDELA DAY 2019 OUTREACH

"Overcoming poverty is not a gesture of charity. It is an act of justice"
(Nelson Mandela)

It's in our
hands now

**NELSON
MANDELA
DAY**



TAKE ACTION. INSPIRE CHANGE,
MAKE EVERY DAY A MANDELA DAY.

Nelson Mandela devoted his life to the service of humanity. As a human rights lawyer, a prisoner of conscience, an international peacemaker and the first democratically elected president of a free South Africa. To South Africa, he was known as Tata Madiba. On the 18 July, people globally, celebrate Mandela Day by serving the underprivileged community by doing good deed. This should be a commitment one makes to serve the community daily because far too many people in the world are living in poverty and suffering in silence. The power is in our hands to change this world and make it a better place.

Hope to Heal Foundation's aim is to help uplift people, who are affected by circumstances and crisis through our various Outreach Programmes, held throughout the year.

Thank you kindly to Dischem Foundation, 91.9 Hot FM, Simba, Pepsi Co and the public for your contribution towards our Outreach Programmes. We look forward to your continued support. Together we can do more to uplift those in need.

Everyone has the ability and the responsibility to change the world for the better!



BOMBANI SHELTER FOR ABUSED WOMEN AND CHILDREN

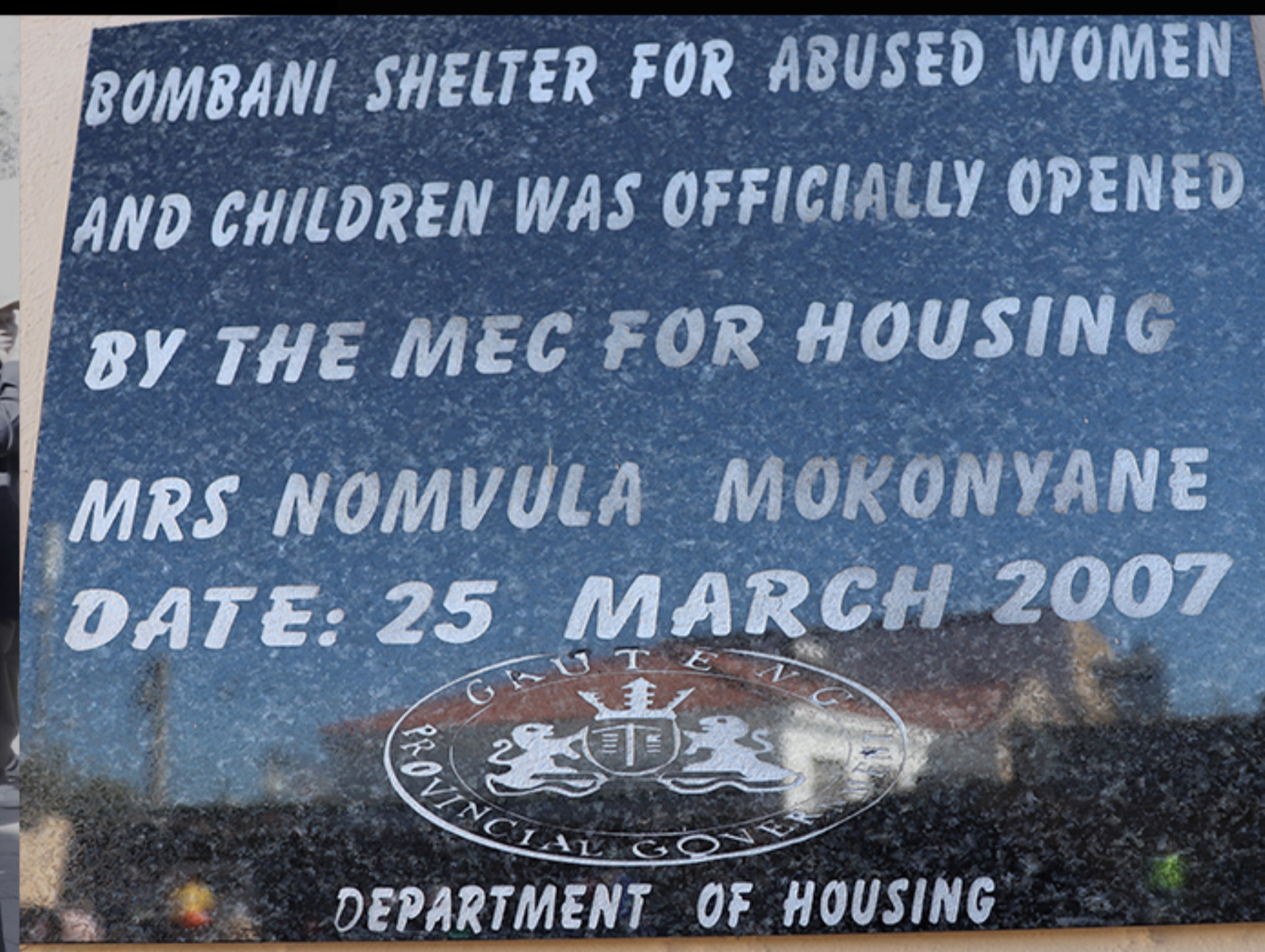
The event opened with a message from Faith Mazibuko, MEC for Community Safety Gauteng. Hope to Heal Foundation donated 30 Blankets, 40 Teddy Bears, Baby nappies, Wet wipes for the babies and treats for the children.

At this home all women sign a 7 month contract during their stay they have to attend counselling sessions offered by a social worker, at the end of the seven months the social worker will decide if the lady is ready to leave or if her stay will be extended as some women are in a much worse condition than others. These women come with their children and babies and if they are pregnant their babies are delivered during their stay. No one knows of the women's whereabouts due to security purposes. The social workers assist the women in putting together a CV and assist them in finding employment as most of them were supported by the abuser and now need to become independent. They also learn social development skills during their stay and the kids are assisted with homework by the social workers. During their stay they are provided with toiletries, clothes, food, nappies and all other basic necessities.

We urge all women to break the silence and speak out against violence and abuse. Should you be in an abusive relationship and need help, contact your nearest police station or social worker in your area for assistance and they will help you by making arrangements with a Safe House /Rehabilitation Centre in your area.

Fiath Mazibuko – MEC Community Safety Gauteng

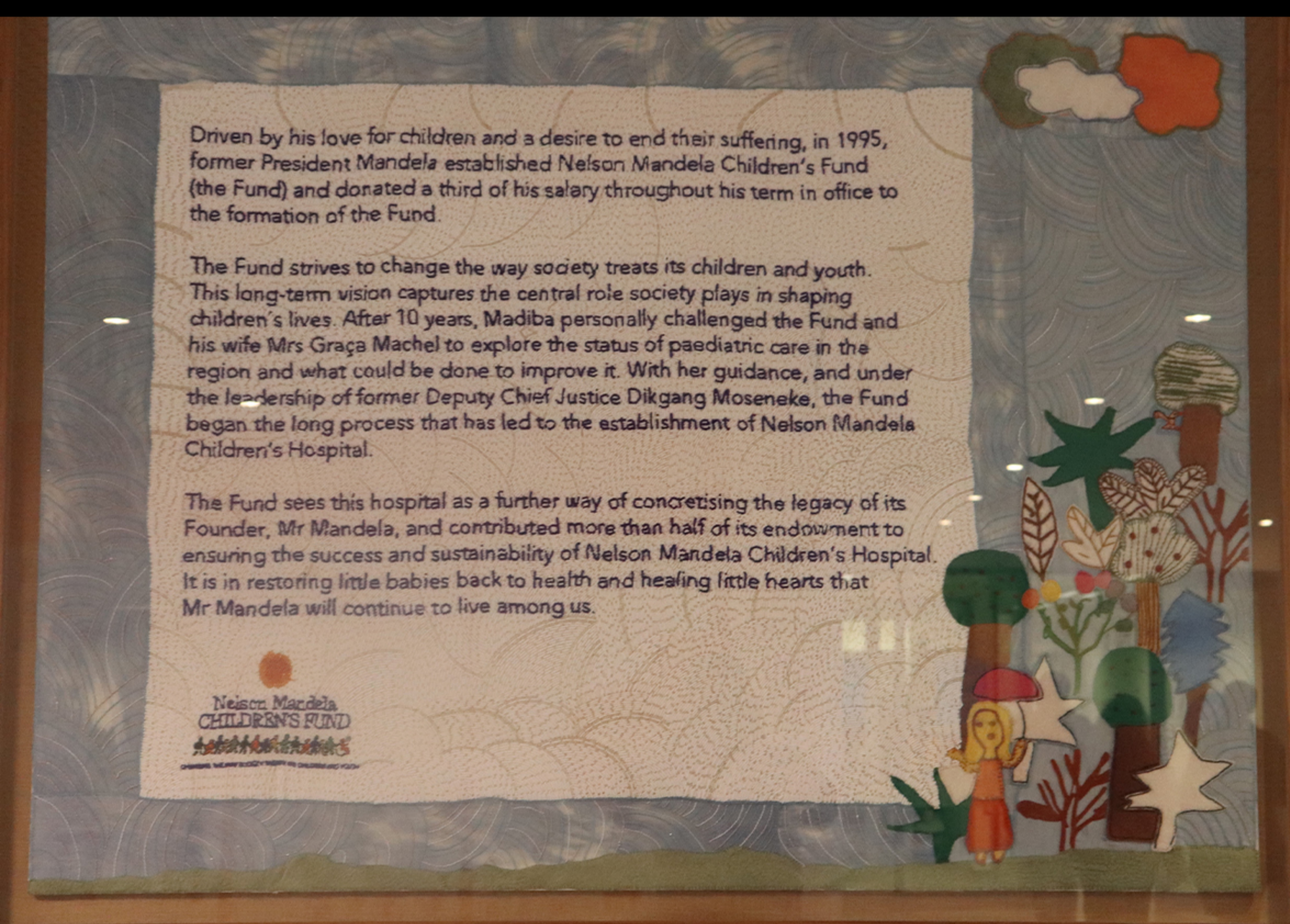
Teffo Rapadu – ANC Ward Councillor, Alexandra



Hospice & Rehabilitation Centre Alexandra



Hope to Heal Foundation had the privilege to visit Hospice & Rehabilitation Centre in Alexandra on Nelson Mandela and to give to those who are helpless and most of time ignored. It was so hot warming to see the joy and happiness our presence and donation of 30 blankets brought to their faces. Such a simple gesture gave them love and hope. We received a welcome by the staff and residents of the centre. Hospice has been around for many years and the building is in fact a heritage sight. They provide health care services for those in need who cannot care for themselves or have anyone to care for them. At Hospice the staff provide a loving, caring, safe and warm service to all residents. All residents are provided with accommodation, food, health services and assisted to and from clinic visits. Providing their services here is hard work but very rewarding. What a wonderful experience and a great way to spend Nelson Mandela Day giving hope to those poor helpless souls.



NELSON MANDELA CHILDREN'S HOSPITAL

In 2005, Nelson Mandela Stressed the urgent need for improved medical care facility for children. Through global sponsors, construction on the Nelson Mandel Children's Hospital started in April 2014 and was completed in December 2016. The hospital opened in 2017. NMCH is bright, welcoming and a child friendly space. The architecture and environmental design were inspired by the natural beauty of South Africa & the African Continent. The hospital offers outpatient and inpatient services in various specialist fields and a 27-room family accommodation for families travelling from afar and cannot afford private accommodation.

Hope to Heal Foundation donated 50 Teddy Bears to the Nelson Mandela Children's Hospital. We were welcomed by Agnes Kambira, Programme Manager of the hospital and taken on a tour by Ayabulela Poro, Communications and Marketing Manager.



The first African Branch of Radio Lollipop broadcast live in the hospital for 2 hours every evening and host Play Therapy during this time. Radio Lollipop is an International Children's Charity, proving care, comfort, play and entertainment to sick children in the hospital.



There are 9 gardens on the grounds of NMCH. 4 Play gardens with custom designed play equipment, a sensory garden, a quiet garden and a family garden.



Art workshops was hosted with children from diverse backgrounds, and their creations and inspirations were used for all the interior design and elements, from colourful wallpapers to the benches seen above.

Kids Haven - Benoni

Today we find many children living on the street with no home or family to take care of them, Kids Haven is doing amazing work by picking up all these kids from the streets and providing them with a safe, loving and caring home. They are not only provided with a place to stay and meals but education as well which is every child's right. They are playing a very vital and important role in society as they are impacting the youth of the country who are the future of this nation. No child should be left on the street to fend for themselves, should you see abandoned children on the streets report it to your nearest police station or child welfare. Hope to Heal foundation donated 30 blankets and 40 teddy bears to the children at Kids Haven Benoni.



Anna and Phina Mojapelo, two sisters, established the New Jerusalem Children's home in Midrand, with help from volunteers, government, corporate and donations. The centre is a place of safety for abandoned and abused, orphaned and vulnerable children and has sheltered more than 1000 children since its establishment in September 2000. New Jerusalem Children's Home aim to build environmentally friendly houses on the premises so that the children can grow up in small families. The first eco-friendly house was officially opened on the 24 of February 2012. New Jerusalem's mission is located within an environmental sustainability framework and the Home has committed to use any means possible to reuse and recycle and to minimize our carbon footprint. Hope to Heal Foundation donated teddy bears and toiletries to the New Jerusalem Children's Home.



Old Age Home in Zola, Soweto

Senior Citizens are people who should be loved and taken care of by family members, but sadly many Senior Citizens suffer in silence due to neglect and are abandoned in old age homes with no visits from family members. Hope to Heal Foundation donated 48 blankets and prepared High Tea for the Senior Citizens in Zola.

JULY 18

Nelson
Mandela
DAY

Look Forward Creativity Centre South Hills

These small gestures bring great joy to the children which is absolutely priceless. Teddy bears were donated to underprivileged children who don't have the luxury of toys to play with. This centre offers children a safe environment to grow and learn. Children are vulnerable and need special care and love which they receive here from all the staff members. No child should have to go through the pain and hurt that these children have experienced, and we need more people to give their time to support this cause and to uplift the entire community.



Tshepang Care Centre Tembisa
Hope to Heal Foundation donated 8 blankets and teddy bears to Tshepang Care Centre in and Look Forward Creativity Centre

Epic Foundation Comfort Project
for Survivors of Rape and Abuse
Hope to Heal foundation Sponsored 65 Bags towards Epic Foundation's Project

SPONSOR A BAG

Would you like to sponsor a few of these bags to the Epic Foundation's Comfort Pack Project for survivors of rape and abuse?

THE COST FOR THE BAG INCLUDING PRINTING IS R8.00 PER BAG.

PAYMENTS TO BE MADE TO: Account name: Epic Foundation, Bank: FNB, Branch: Alberton 250655, Type: Business Account, Acc nr: 62413013484

Use the reference Bag



JULY 18

Nelson
Mandela
DAY