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Newsletter

"Care to shine for others...

Too many are in the dark and only hope can restore dignity, peace and love. Care to share and share to care so others can finally have hope for a better tomorrow."

June-July 2020

Dear friends, sponsors, partners and colleagues

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

On 17 March, His Excellency President Hage Geingob **declared a state of emergency**. On 24 March 2020, the additional measures in response to the COVID-19 outbreak were announced.

The Lockdown has brought distress to many families who lost jobs, income and

any basic resources to provide for their children, their family and their elders.

The Gondwana Care Trustees have been monitoring the situation and have coordinated actions with our current recipients in the MealForTwo programme, which is allowed to operate and continue with feeding programmes. We want to thank you for your commitment and your endless passion and love to continue and care for others in this difficult time. *The newsletter is a bit long but we have so many sponsors to thank for their contribution in helping their community survive the COVID-19 crisis through continuous trust and support!*

IF YOU CAN ASSIST WITH ANY FOOD/HYGIENIC ITEMS OR A CASH DONATION INTO THE GONDWANA CARE TRUST ACCOUNT (Ref: Food relief Covid19) TO HELP US CONTINUE DELIVERING TO THOSE IN NEED, PLEASE CONTACT US AT caretrust@gcnam.com

Bank Windhoek Limited

Gondwana Care Trust

Maerua Mall Branch / 483 872

Chk – 800 818 44 91

This newsletter focuses on the MealForTwo Lockdown emergency plan. Any assistance you can extend will be greatly appreciated.

Following our last newsletter on the emergency lockdown food relief, we would like to thank the following sponsors for their contribution in goods, cash and services.

Your contributions enabled us to help so many children and families, making a huge difference. We cannot THANK YOU enough!

Cash donations since the lockdown, from sponsors who have asked to remain anonymous: N\$ 47250 – Thank you for your kind contribution!

We would like to give a HUGE thank you to A.D.N. Namibia – Mr Berrie

Holzthausen, Sufrani Uys and the whole A.D.N. Team – for their contribution towards Covid19 Food relief (N\$ 10000). Thank you for your trust and support.

Additional sponsors since our last newsletter:, PJH Taylor (N\$ 250), U Serrer (thank you so much again for your kind contribution - N\$ 1000), Mr LH Engelmann (thank you so much for another sponsorship - N\$ 2500), Sandie / SR Fitchat (N\$ 150), Heike Dagmar Lorck (N\$ 20000), and Karin Herrigel (N\$ 10000).

Thank you Mr Werner Schuckmann (N\$ 15000) together with Global United (N\$ 25000). We cannot thank you enough for your trust and support during this challenging time.



GUFC

FOOD INITIATIVE

A special thank you to Ms Chloe Mueller who visited Gondwana Collection Namibia during her practical/internship, but had to shorten her stay. Thank you for your sponsorship towards Covid-19 Food relief (N\$ 23800). June anonymous: N\$ 2950, YJD Friederich (N\$ 500), Hannes Wanke (N\$ 1000)

We are so grateful for your trust and support! Please note that all invoices are available for your viewing.

THANK YOU to our partners in MealForTwo! We cannot do it alone and together we can provide so much more!



Thank you to **Bank Windhoek, Capricorn Asset Management & Global United** for your continuous support and trust, which enable us to continue our assistance towards the community and its sustainable development. We cannot do it alone and without support from partners such as Capricorn Asset Management, we are limited in our action. We cannot thank you enough!

Thank you to **KALEIDOSCOPE MARKETING**, Mr Teddy Kausch for your amazing contribution of hygienic goods to assist so many families and children in need of just the basic hygienic items! Thank you!!



These are difficult times for all businesses and we are so grateful to our sponsors who still contribute and assist us in this lifesaving programme! Any other sponsors willing to assist us with food items or hygienic goods, please do not hesitate to contact us at caretrust@gcnam.com

LIDAR FOUNDATION was one of the recipients of the products





Recipients for the donation were:

Nau Aib Old Age Home: 1x box hand sanitizers (48 unit), 30x camphor cream

Lidar: 2x box sanitary pads (2x 48), 2x box ladies' deodorant (2x 48), 1x box tissue body lotion (x24), 4x baby soap bar (4x6), 8x camphor cream (8x6), 3x baby bum paste (3x6)

Pay Namibia: 1x box boys' deodorant (x24), 1x box girls deodorant (x48), 2x box tissue body lotion (2x24), 1x box hand sanitizers (48 units), 1x box soap bar (x48)

Hope Village: 1x box sanitary pads (x48), 2x box face wash (2x24), 2x box face moist (2x24), 1x box boys' deodorant (x48), 1x box baby body lotion (x24), 4x yoyo treats (4x18)

A short follow-up on one of the projects we featured in our last newsletter.

ESB ROCKET STOVE – Namibia

Project Co-ordinator: ESB Windhoek

081 341 44 01

info@edelsb.com

The ESB Rocket Stove is an efficient and user-friendly stove made of mild steel. It is an old, tried and tested design, that has been revived and adapted to Namibian conditions. It was not designed by ESB, as the concept has been on the market internationally for a while, but ESB has now started to manufacture these stoves for several reasons, one of which is to have a positive social impact on both the Namibian community and the environment. Every year, many trees are cut down for firewood, especially in winter. There are a few towns that do not have any access to natural firewood, such as the coastal Walvis Bay area. The accident rate of open fires remains high and too many have suffered the disastrous consequences of shacks burning down in Namibia. Too many homes don't have access to electricity and therefore families don't have a choice and must use firewood to cook their meals and boil water.

The ESB Rocket Stove is super fast, saves wood (it only uses sticks and twigs) and it is safer to use as it is not an open fire and it provides heat during the cold winter nights. It is easy to use, clean, and can be used by all. The ESB Rocket Stove (L: 450mm x W:300mm x H: 600mm & weighs 7kg) costs N\$699. ESB is looking for sponsors to donate towards families in need.

If you are interested in sponsoring a stove for a family, you can contact me at caretrust@gcnam.com or ESB directly. There are many families in need of such a stove, especially in the northern rural areas of Namibia which have been flooded and families have lost most of their belongings. This is a Namibian product made for Namibians, and to sponsor some families in need will be a life-changing donation for many! Thank you!

Following our last newsletter, we have received a few requests from various sponsors. A huge thank you to **Mr & Mrs Gerda and Oskar Kaufmann**, for their sponsorship of three ESB stoves! This is really amazing and such a donation will make a huge difference in three households. We will keep you updated when we received the stoves and when we are able to proceed with the donation. Winter has arrived and the temperatures are already dropping rapidly at night



Gondwana Care Trust MealForTwo lock down emergency food supplies:

The Gondwana Care Trust aims to support local suppliers as well, especially during these difficult times. To supply fresh vegetables to our beneficiaries, we have once again purchased from our local producers. This week we ordered 86 packs of fresh vegetables from our local farmers. Thank you to our sponsors who enable us to support our local farmers and also assist our community!



NICE 'n FRESH
GIVING TO YOUR BROTHERS

**OTJIWARONGO & WINDHOEK
COMBO'S**

17 June OTJIWARONGO - 18 June
WINDHOEK

FULL HOUSE N\$ 200.00
1kg Potato - 1kg Onion - 1kg Tomato -
1kg Carrots - 1 Cauliflower/Broccoli -
250g Cocktail Tomato - 1kg Apples -
1 Lettuce - Peppers - 1 Cucumber

BUDGET N\$ 100.00
2kg Potato - 1kg Onion - 1kg
Carrots - 1kg Tomato - Cabbage

We are taking orders until Tuesday
16 June 09h00. Please send your
order via Whatsapp (ONLY!!) to
0814762282. Please Order with your
Name and specify WHAT TOWN IT IS
FOR!



Beneficiaries:

Our elderly at Seniorspark with 20x budget combos,
Khomas Homeless – 19x budget combos,
Bridge of Hope – 19x budget combos
Grace Project – 19x budget combos,
Nau Aib Old Age Home – 9x budget combos

KHAIBASEN & HEAL THE LAND – Okahandja

Project Co-ordinator: Mr Willie Theron

Cell: +264 81 605 66 15

annie.t@iway.na

Through Pastor Willie Theron, the Trust is able to extend a helping hand to the most vulnerable in some parts of the Okahandja district and most particularly through Khaibasen; which remains active in order to continue their feeding program towards the street children and the dumpsite children.

Please once again, any assistance that you can give us so that we can continue supporting Paulina and Willie is indeed very much welcomed!!

Since our last newsletter, we have continued to deliver food to Heal the Land, Light of Hope, Khabaisen and Nau Aib Old Age Home in Okahandja and we have been able to increase some of the delivery as well as the need increases every day.

Since our last newsletter, just over 500 children have received a meal once a day. Again all the health precautions and sanitary measures are in place and only 10 children are allowed at one time. As Okahandja advances into stage 3, more children are able to get a meal!



Since the COVID-19 crisis started, Paulina has been able to increase the number of children she is feeding to over 130 a day, as the number of children allowed at a time to receive a meal has increased. Okahandja is now in stage 3.



THANK YOU TO ALL OUR SPONSORS WHO ENABLE US TO SEND GROCERIES ON A REGULAR BASIS TO PAULINA AND OOM WILLIE. THANK YOU, THANK YOU! We cannot do it alone!





The line is getting longer every week with more children in need of a meal to survive the day. About 30 families in need also received food parcels, each consisting of 6 to 8 members. Nau Aib served over 352 meals and 88 snacks. We thank you on behalf of the 44 residents who are unable to shop for themselves, especially in the restricted conditions during lockdown. This still carries on for many residents who have very little to survive on and almost no income to spare.

LIGHT OF HOPE – OKAHANDJA:

Distribution to families in need of assistance – Thank you to African Marketing for sponsoring cereals that enable us to donate to many families in and around Windhoek.





Thank you for any donation you can make! It is often a life-saving donation for so many who have nothing to feed their children in these difficult times.



Nau Aib Old Age Home: Okahandja

The Gondwana Care Trust does not only provide food items, but also clothing when possible. **Winter has arrived and we need blankets and warm clothing for children and adults.**

If you are able to assist us, please drop off your donation at Gondwana Head Office in Windhoek – clearly mark: ATT Gondwana Care Trust and your name so we can thank you.

Many elderly and children will find themselves with very little this winter. Thank you for sparing a blanket and a jacket if you can.





Over the last week, The Gondwana Care Trust has continued delivering meat and vegetables to Keetmanshoop, the Fish River area and other recipients of the MealForTwo programme.



Thank you to the **Canyon Collection** for delivering extra meat and veggies to El Shaddai Soup Kitchen so they can continue serving warm meals to over 200 individuals in need.

Thank you to The Delight Swakopmund for their continuous support in donating equipment, linen and towels, as well as food items and cooldrinks to DRC

Swakopmund and assist in the feeding scheme for their community. Thank you!





KHOMAS HOMELESS SHELTER – Windhoek:

Project co-ordinator: Mr Charles Sawyers

Cell: 081 360 5152

Based in Khomasdal Community Hall, the shelter provides a daily meal to the homeless, as well as vulnerable individuals. The shelter will, once things are back to normal, provide skills and HIV training in co-operation with the Men on the Street Foundation and Women at Work Centre.

Visitors also get assistance in case of addictions and learn skills to cope and shake off the habit for good.

The shelter is now feeding one meal per day, three times a week, to about 70 to 80 people. People can bring a container to take food home as well.

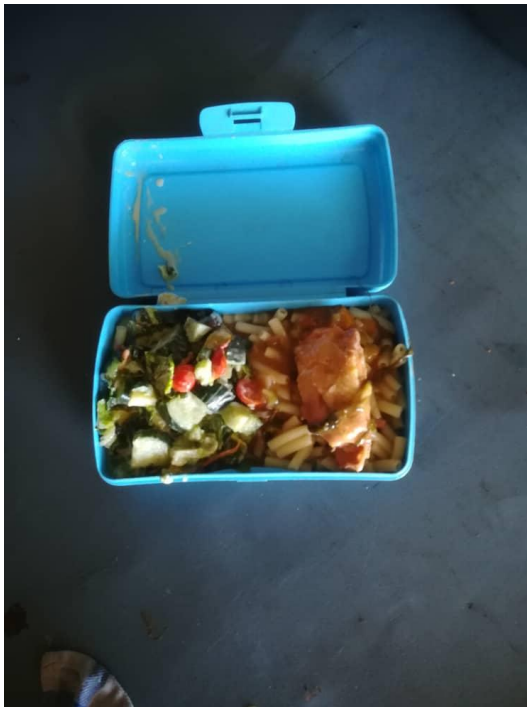
Thank you again to all the sponsors for their generous assistance towards

MealForTwo food relief.



Regular food delivery and enabling people to have a proper meal will help relieve

extreme poverty and starvation in some areas of Katutura. More and more families who have lost all sources of income are in need of food relief. THANK YOU, THANK YOU...We cannot express how much it means to so many!



ATTENDANCE REGISTER-2020

MONTH	M	F	CHILDREN	TOTAL
January	135	169	78	421
February	333	291	116	740
March	282	306	227	815
April	578	458	107	1,143
May	428	365	206	999
June				
July				
August				
September				
October				
November				
December				

MAD (Make a Difference Charity) – Tsumeb

Project Co-ordinator: Ms Violet E Witbeen

Cell: +264 81 700 0117

madnamibia@gmail.com

Based in Tsumeb, MAD aims at assisting the youth of Tsumeb to develop skills and enable them to get employed in various industries. They look after 28 families on a regular basis, which mostly consist of disabled youth and elderly, visually impaired or sickly elderly from the Kuvukiland settlement and four widows who live with more than 6 grandchildren whose parents are unemployed. They are facing material hardships such as food insecurity, no access to education, basic sanitation, proper healthcare or descent housing.

MAD is also in need of more protective gear to use when delivering the parcels during the lockdown: they are on the regional councilor special list to be able to provide these services during this period.

Recently the Gondwana Care Trust was able to assist MAD with basic items for their special needs and food parcels. Thanks to our recent sponsors, we will be able to add fruit and vegetables to our next delivery, as well as more needed items such as adult diapers and other hygienic goods that are much needed.

Following a few emails, the Gondwana House team in Windhoek managed to get a wheelchair for one of the beneficiaries who was recently paralysed. The lady was left with nothing and would not be able to move without assistance. We would like to THANK WINDHOEK ROTARY CLUB for donating a brand-new wheelchair to Ms Rosa. We cannot thank you enough for your sponsorship! Thank you as well to Pina Gubiani and Hester Coetzee for the other wheelchair that will also be donated to another beneficiary of MAD Tsumeb.



We are so grateful for everyone involved and for their support.

Gondwana Care Trust, through the MealForTwo – COVID Food relief, was once again able to deliver some dry goods as well as vegetables to MAD Tsumeb during the past month.

A total of 48 families benefit from the food donations. Thank you to all our sponsors for your continuous support and trust. Delivery is either done by Sea Pride or

African Marketing.



Follow-up on little Ruth – following our last newsletter requesting some assistance for Ruth – we are still awaiting the report from the therapist in order to get the required chair for Ruth. Due to COVID-19 restrictions, it is very difficult to get an appointment with the therapist in Windhoek.

Ruth had her present wheelchair since she was 6 years old. She has totally outgrown the chair and the chair has now collapsed! Ruth is 13 years old and has been paralysed since birth. She needs a special chair that can hold her neck and keep her stable.



One of the benefits from our search for the chair is that we have managed to have MAD and Side by Side get in contact.

Side by Side has organised a workshop together with MAD for some of the MAD beneficiaries from 22 June 2020 to 27 June 2020 in Tsumeb.

Side By Side Early Intervention Centre – Goreangab Katutura Windhoek

www.sidebysidenamibia.com

Facebook: Side by Side- Early Intervention Centre

Director and Project Manager: Ms Huipie van Wyk

081 147 7760

info@sidebysidenamibia.com

Side by Side Early Intervention Centre, is a registered non-profit association offering services and support to children with disabilities and their families. They provide training, community rehabilitation and awareness throughout Namibia. Side by Side rely solely on grants and sponsorships. They have eight voluntary staff members including a reflexologist, social worker, occupational therapist, speech therapist and an orthopaedic therapist.

Services offered by the Side by Side team:

- Day Care Rehabilitation Centre / Early Intervention Sessions / Home Visits
- Parent Workshops / Support Groups
- Special School Readiness / Individual Sponsorship programmes / School, Public and Corporate Awareness Campaigns

Gondwana Care Trust is covering the catering expenses for the workshop over 6 days, which includes breakfast and lunch for 10 persons per day. Side by Side will enable a few families to learn the best techniques on how to look after their children with special needs and provide the families with support as well.

The workshop from 22 June to 27 June 2020 welcomed almost 20 people each day. Gondwana Care Trust was honoured to be able to contribute. We look forward to have more workshops organised around Namibia to assist families in need of support, emotionally as well as learning important skills to improve the mobility and mental ability of their children. *Please note that for some exercises, masks had to be removed to show facial expressions. It is important to work with body language, facial expression and tone of voice in some cases. Thank you for*

your understanding.





So many family members are deprived of any assistance and are unable to look after the child as they should. They have no knowledge on how to massage the child and/or on how to stimulate responses that would enable a better quality of life for the child.

This type of workshop is such an essential part to improving our knowledge on disability. It also teaches how to assist the community to embrace everyone and improve our communication to understand that disability can be helped.

Huipie is also assisting little Ruth to get an appointment and eventually get the right chair so she can improve her quality of life. We will keep you updated as we get information on her progress. As soon as we get the report, we can look into more assistance.

There are unfortunately more children in need of special chairs - a CP specialised chair or an electric chair. The need is endless and should you be interested to assist or get more information, please contact me directly, Ms Huipie van Wyk or Ms Violet from MAD.

Together we can make a difference in a child's life.

Side by Side is also in need of financial assistance to continue their wonderful work. Please visit their website and do not hesitate to contact them. Every little bit helps and contributes to the improvement of a child with special needs in Namibia.



Pictures: inside and outside facilities at Side by Side in Goreangab. The Intervention Centre remained open so the children could still get the physical therapy needed to continue with their progress. All measures are taken to adhere to the rules and regulations during COVID-19.

Only one child is allowed during therapy and group therapy stopped during stage 1 and 2.

If anyone can assist us, please contact me at caretrust@gcnam.com



Hands of Hope Namibia – Walvis Bay

Project Co-ordinator: Ms Niki Carstens

Cell: +264 81 660 10 25

niki4handsofhope@gmail.com

Gondwana Care Trust assisted Hands of Hope and specifically a special little girl in need of assistance as she is undergoing regular operations for a rare condition. We were very blessed to be able to spoil Natrovhina aka Blomi with a Gondwana Care Trust bag filled with some gifts as well so she can continue making progress with her hand coordination. Blomi is blind and paralysed but her mom continues all sorts of activities, like colouring and reading to her to stimulate her senses. Her siblings describe the drawing and she would choose colours as she has not always been blind and can recall colours and shapes. Even with her paralysis, Blomi can still sit and use her hands.



**THANK YOU FOR ENABLING US TO PUT A SMILE ON THE
CHILDREN'S FACES!**

**LET US FILL THE EMPTY PLATES AND KEEP THE CHILDREN
HEALTHY!**



Please contact Dgini: caretrust@gcnam.com if you want to assist, if you are a supplier or if you want to contribute with a cash donation, please use our bank details and reference Food relief COVID-19 – THANK YOU

Please find below a list of our community partners who receive assistance

during the lockdown and stage 3:

Heal the Land, Khaibasen, Light of Hope - Okahandja: 160+ children, 44 adults.

These three organisations in Okahandja are connected to a local church whose pastor is the project co-ordinator and drives to Windhoek weekly to pick up all the goods to distribute thereafter to the beneficiaries. They provide cooked meals to vulnerable and homeless children in Okahandja. They are also affiliated with the Nau Aib Old Age Home in Okahandja and provide cooked meals to the elderly in the old age home.

MEGS Care for Needy - Katutura: 60+ families.

Operates in Khomasdal and Katutura, Windhoek providing food parcels and cooked meals to vulnerable elderly people in those communities. Since the lockdown started, they have assisted over 100 people with food parcels.

Please note that MEGS is no longer a MealForTwo recipient due to unforeseen reasons.

Senior Park - Windhoek: 160 residents.

Old Age home in Pioneerspark, Windhoek. MealForTwo donations go to the elderly who need food assistance and for the old age home kitchen.

Lidar Foundation - Katutura: 250 children and 100 adults.

Provides food, youth empowerment and educational activities for orphaned and vulnerable girls in Katutura Central. Since the lockdown, Lidar has prepared meals and food parcels for over 200 kids.



Hope Village: 88 children. Provides a loving home and food to orphans and abandoned children living with HIV and other debilitating illnesses. Operates in Katutura.

Windhoek PAY Center: 120 children. Operates in Katutura, Windhoek. Provides nutritious meals and education and physical activity programmes daily to children coming from disadvantaged backgrounds. Since the lockdown, PAY provides take away food for the children.

PAY CENTER in Katutura also benefits from hygienic products as well as food items: During COVID-19 stage 2, they have expanded their reach to 69 households, 80 PAY learners and 365 people. 365 is the figure based on the number of people per household where we have a minimum of four to a maximum of seventeen people in each household benefitting from our support. Over 1 777 people have benefited from the programme in June 2020.





Huis Maerua: 24 children. Operates in Windhoek. Houses and feeds children with social welfare troubled backgrounds.

Grace Project: 180 families. Operates in Khomasdal, Windhoek. Distributes food parcels to vulnerable families, especially pensioners. Since the lockdown, they have provided food parcels to almost all the families as well.

Khomas Homeless Shelter - Windhoek: Since the lockdown, the Gondwana Care Trust has added the shelter as recipient. They have received dry goods and meat to provide a meal on a daily basis to homeless individuals. They have over 70 people visiting the shelter on a regular basis.

Bridge of Hope - Havana: has also been added to the list since the lockdown. They provide over 150 children with meals. They still operate and provide take aways and food parcels to the children.

Gondwana Care Trust also purchased 1 000 face masks of which 140 were donated to Bridge of Hope supporting and feeding children in their surrounding community so they can have a warm meal during the day. Thank you, Miss Eugenia, for your care and love towards the children.

Recipients of the 1000 masks purchased by Gondwana Care Trust: PAY
Namibia: 230 Masks, Huis Mearua: 12, Windhoek Technical High School (HTS):
400, Delta Sec School: 138, Nau Aib Old Age Home: 80 & Bridge Of Hope: 140



Bridge of Hope is a beneficiary of MealForTwo and regularly receives meat, fish tins and other fresh vegetables to feed the children on a daily basis.



Elshaddai Caring and Feeding: 120 Children and 30 Adults. Operates in Keetmanshoop. Provides nutritious meals daily to children and adults coming from disadvantaged backgrounds.

Mammadu Trust - Katutura: 60 Children. Operates in Otjomuise, Windhoek and provides food and education to orphaned and vulnerable children in the community.

Part of the MealForTwo programme – Associations / schools are closed at the moment:

Dagbreek Special School - Windhoek: 26 Children, 7 Adults. Operates in Windhoek and provides education, food and shelter to children with disabilities.

Dorcas Soup Kitchen - Keetmanshoop: 100 children and 20 adults. Operates in Keetmanshoop. Provides nutritious meals daily to children coming from disadvantaged backgrounds.

Geduld Primary School and Immanuel Hostel - Grunau: 200 children. Operates in Grunau. Provides education, shelter and food to children from the Grunau and surrounding area

Witkrans Primary School - Stampriet: 162 children and 8 adults. Provides nutritious meals for underprivileged children from the Witkrans area.

Natascha Pre-Primary School & Day Care - Katutura: 46 children. Operates in Okuryangava, Windhoek, provides food and care to vulnerable children from the community.

We are looking for blankets and warm winter clothes as winter is fast approaching.

Please contact Dgini for further information on how to donate – caretrust@gcnam.com



Thank you to all the wonderful individuals for their contributions. Thank you! Should you still want to contribute with a cash donation, please find our bank details below.

Please add your name/Food relief or Winter clothing as a reference for your contribution.

Bank Windhoek Limited
Gondwana Care Trust

Maerua Mall Branch / 483 872
Chk – 800 818 44 91

**We have a few more projects lined up, please contact the Trust if you would
like more information.**

We cannot thank you enough for your support!

Gondwana Care Trust
[caretrust\(at\)gcnam.com](mailto:caretrust(at)gcnam.com)
081 242 59 00



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