

Newsletter

“There is no greatest achievement than succeeding in happiness.

Each day brings you a new opportunity to be happy.

Share happiness as it is the first step to success.

July to September 2019

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.

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 to contact us via email [dginiv\(at\)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 for their community and children every day.

The Trust donates vouchers on a regular basis to assist raffles and fundraisers, smaller donations are made to assist projects and we do not always name all these donations. Please note that we do not favour cash donation. We are always looking at new projects and extend some assistance when needed. The aim is not to create a dependence 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.

A.D.N. – Alzheimer and Dementia Namibia

Project co-ordinator: Mr Berrie Holtzhausen

CEO of ADN

[berrie.holtzhausen\(at\)gmail.com](mailto:berrie.holtzhausen@gmail.com)

Where to start... Mr Berrie Holtzhausen has for the past 6 years conducted visits to the most rural areas of Namibia to create an awareness of dementia and its symptoms and how to care for and love the ones who once cared for and loved us.

This is the message shared in many villages where there is still a belief that a person living with dementia is a witch and therefore should be treated as such... being tortured, burnt, left to starve, or in extreme cases, chained to a tree.

Berrie now has a team visiting villages on a regular basis and has the support of some of the Traditional leaders in the area, who now dismiss the claim of witchcraft by so called “healers”.

Berrie will refer the person suspected of living with dementia or early signs of Alzheimer/dementia to a professional doctor, nurses or nearest clinic so that they can receive treatment, his team also provides support on how to care for the family member. They also follow up and support the families. To date, they have managed to have a few people call them when a suspected witch is being denounced, so they can immediately provide help to the family and stop the vicious cycle of abuse.

Gondwana Care Trust is now assisting Mr Holtzhausen in his awareness by supporting him with his accommodation and meals when visiting the area where his help is needed.

Thank you ADN for your care and support towards so many families. Dementia is not part of ageing, it is a mental and incurable disease and without the proper education, we cannot move forward and care for each other.

ADN is looking for assistance to care for the community; the aim is to develop “care centres” where families can receive the proper care and support. However, they are also looking for financial assistance to have some of the persons suspected to have dementia to be professionally diagnosed

and this can only be done in Windhoek with a neurologist. **Transport and financial support are needed in order to assist some of the families.**

Please do not hesitate to contact Berrie if you would like to and can assist in some ways... they cannot do it alone.

(Images by A.D.N.)



Cancer Association / Bank Windhoek Apples

As every year, CAN organised its amazing “Cancer Apples” project to raise funds and of course we do love apples!!

Thank you to all the Gondwana properties around Namibia who shared the love and distributed N\$10 000.00 worth of apples in their areas.



Dawid Khamuxab Secondary School

Seringkop / Etosha

Thank you, Etosha Safari Lodge team for visiting Dawid Khamuxab hostel and delivering the donated meat for the children on a regular basis.

Since June, GCN also donated more printing paper and a few printing cartridges needed for the school term.



Our team is always keen on giving us feedback and the hostel caretakers at Dawid Khamuxab are doing such a great job, looking after the children and keeping the sponsored premises cleaned and maintained.

All kitchen equipment is spotless, and the school yard is well maintained. The children have a clean and healthy environment to live in and study. Thank you to all the teachers, the principal and caretakers, it is not always a given and any opportunity to assist such a team is welcomed.

We have also delivered the meals to the students at Dawid Khamuxab who enjoyed every bite!!



Thank you to all our sponsors for their continued support in the MealForTwo program, so we can assist schools like Dawid Khamuxab and have the children enjoy a full meal while staying in hostel.

Follow up: Delta Primary School – Hostel kids

Windhoek

Project Co-ordinator: Ms Chanel Richter

[chanel.richter\(at\)cullinannamibia.com](mailto:chanel.richter@cullinannamibia.com)

Ms Chanel Richter is co-ordinating the project and she has been raising funds to lobby for some much-needed new mattresses for the children staying in the 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 unfortunately many schools do not receive enough funds to

properly manage the school maintenance. The girls' hostel was without hot water for over a year and the second level of the boys' hostel was also without water! None of the lavatories were working and the boys needed to use the ground floor bathroom.

The overall state of the hostel was sad, and the mattresses were very old and totally worn out! GCN delivered 88 mattresses last term but we still need assistance with the Repairs and Maintenance of the hostel.

THANKS TO GLOBAL UNITED FOR THEIR GENEROUS DONATION of N\$35 000.00 towards the repairs and maintenance of Delta Primary hostel. We cannot thank you enough for your constant support and trust towards our project!!

All the windows have been fixed, bathrooms repaired, and the boys' hostel has been repainted so it is like a brand new hostel!



P.A.Y Centre : Physically Active Youth Namibia

Windhoek, Katutura

Project Coordinator: Ms Thubaelihle Sibanda (Senior Programme Manager)

[thuba\(at\)paynamibia.org](mailto:thuba(at)paynamibia.org)

Programme Manager: Ms Rose Zhuwao

[roselyn.zhuwao\(at\)paynamibia.org](mailto:roselyn.zhuwao(at)paynamibia.org)

Cell: +264 81 887 16 16

www.paynamibia.org

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 and chess. Activities are also

organised over the weekends so the youth can be physically active and remain healthy and away from the streets' temptations.

Ms Ursula is no longer responsible for the PAY Feeding programme. Her replacement is Ms Roselyn, new contact details as per above.

Since our last newsletter, Gondwana Care Trust has sponsored PAY Center with fresh vegetables and fruits, to a total value of N\$7 277.32.



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

Follow up: The Lidar Foundation

Katutura, Windhoek

Project Co-ordinator:

Ms Serley Khaxas

lidarfoundation(at)gmail.com

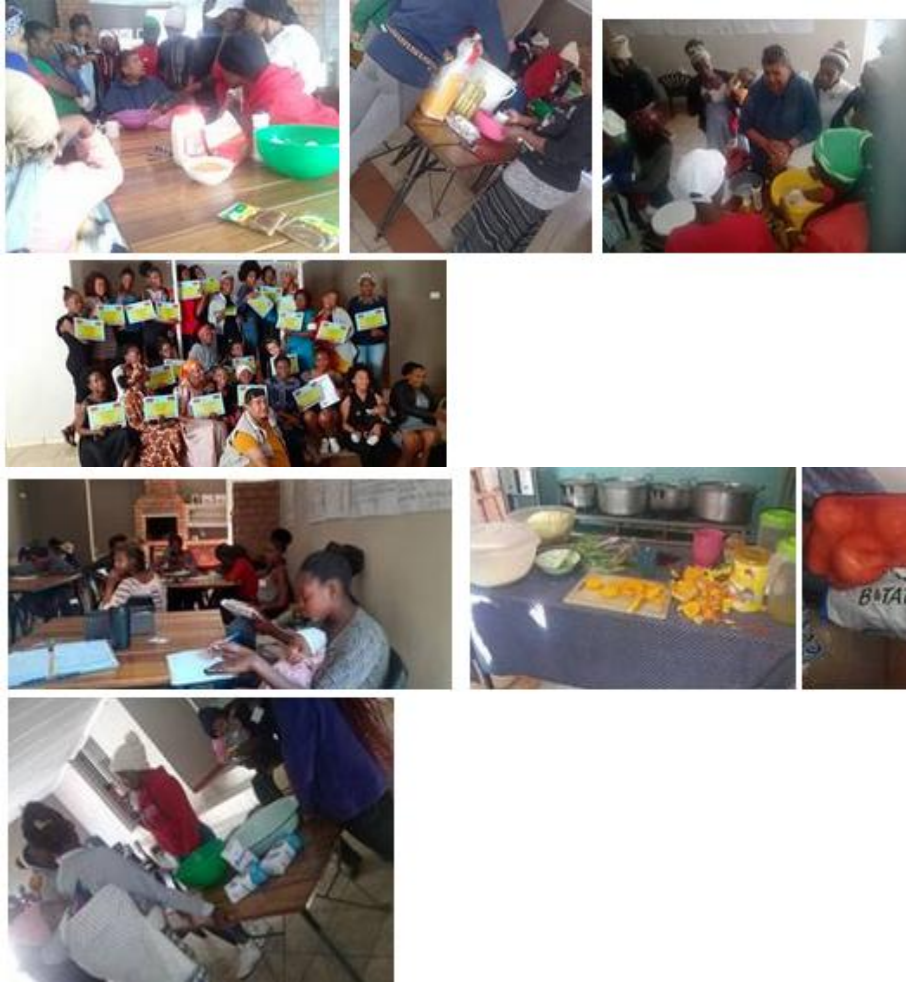
081 687 1537

Lidar Foundation is a centre at the heart of Katatura where many children find themselves living in the street and without a responsible adult's guidance and protection. Serley opened the centre to welcome children and teenagers who find themselves in difficult situations such as pregnancy, abuse or abandonment. The centre helps the children with a meal during the day, being either breakfast, before they start school, lunch and an early dinner.

The centre organizes numerous workshops for young mothers so they can gain some credentials and find employment. The next training course will be over 6 weeks, aimed towards life-skills and cooking training for the young mothers. To learn the basics of cooking healthy food and learn the difference between starch / protein / carbs etc. The goal is to learn how to feed their young children properly, for the child to get the best nutrition with basic ingredients.

Gondwana Care Trust had sponsored the training program with the dry goods needed and again a **huge THANK YOU to GLOBAL UNITED** for their sponsorship of N\$5 000.00 for groceries to be used in the cooking training that contributed to top up on the much needed fresh ingredients for the training.

It was a huge success and together with Lidar Foundation we are grateful for your continuous support. This is undeniably a life changing program for so many young women whom without the support of centres such as Lidar would find themselves and their babies in the streets.



Thank you to **Grant from World of Hygiene** for his contribution and the training classes offered to Lidar Foundation and the Gondwana Collection People Team/Training Department for their time and training offered to Lidar. It is so valuable to get first hand training from the professionals. Thank you for your time and your dedication.

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

Bright Beginning

Windhoek

Project coordinator: Janine de Klerk

brightbeginnings906@gmail.com

081 628 65 91

Assistance comes in many forms... Gondwana Care Trust also extend a helping hand in schools making a difference in children's lives and expanding their focus to the well-being of the children at school and in the area.

Bright Beginning Day Care is a pre-primary school, established in 2015. The school decided to start an Annual Athletics day where pupils aged from 1 to 7 have the opportunity to come together and enjoy the day filled with athletic activities, enabling the children to develop physical skills but also to interact socially with others.

Gondwana Care Trust supported the event with a voucher for a family for 2 nights at any Camping2Go location in Namibia.

The event was a great success and Bright Beginning managed to raise N\$13 000 towards the schoolland next year's event. Thank you and well done for the initiative.



IMMANEÜL HOSTEL

Grünau

Co-ordinator: Ms Goases

Caretaker at Immaneül hostel – Grünau

Registration #73023

Situated in the far south corner of Namibia, Immaneül Hostel near Grünau, hosts 44 children and 4 caretakers. The children attend the school nearby in Grünau and the hostel survives on third party funding only. Too many children cannot attend school due to lack of hostels where the children can stay and be safe.

Immaneül hostel is well taken care of and offers a safe environment for the children.

Gondwana Care Trust is pleased to add Immaneül Hostel to the MealForTwo program. The hostel is now receiving meat twice a month so the children can enjoy a warm meal with added protein. Thank you to the Gondwana Canyon Collection for delivering the meat and other goods to the hostel!

Following the visit to the hostel, once again we regret the state of the mattresses the children must sleep on. Due to lack of funding, the hostel is not able to buy new mattresses for the children. Many families barely manage the fees for hostel and school expenses.

Thanks to Namib Foam's generous discount, Gondwana Care Trust was able to donate 50 mattresses which have been delivered to the hostel – total value N\$28 175.00 thanks to Namib Foam's discounted rates and free delivery to the hostel! Thank you so much for your immediate assistance!

Thank you for your support and assistance **Namib Foam – Mr Naas and the whole team!**

Added to this, we were able, thanks to The Delight hotel to donate linen, pillowcases and towels to the children of Immaneül Hostel! They were totally overwhelmed!

Here are a few pictures over the past months of the various visits and donation made to the hostel: The mattresses were delivered during the first week of September in time for the school's new term so the children could be surprised upon their return to the hostel.



KHAIBASEN CENTRE

Okahandja

The Project name: Khaibasen Community Centre

Co-ordinator: Ms Kujandeka & Mr Theron

Contact Detail – Mr Willie Theron – 081 605 66 15

[annie.t\(at\)jway.na](mailto:annie.t(at)jway.na)

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

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 their food once back in the street. There is a small crèche at the centre but most of the children are living off of the streets and/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 a few minimum life skills and stay off the dumpsite where alcohol and drugs are available.

The program is always in need of any food stuffs: dry food, vegetables and fruits / Chairs / Tables, etc.

Gondwana Care Trust is sponsoring Paulina with meat deliveries but also with some fresh vegetables and fruits on a monthly basis. Anyone willing to contribute towards the MealForTwo program, please contact me directly ([dginiv\(at\)iway.na](mailto:dginiv(at)iway.na)).



Light of Hope

Okahandja

Co-ordinator: Mr Willie Theron

081 605 66 15

annie.t@iway.na

Light of Hope is part of the MealForTwo program as well and has received some extra assistance last month during their outreach program towards the street kids of Okahandja. Mr Theron based in Okahandja co-ordinates our assistance in this area and distributes the sponsored meat to the association during their outreach program. Thanks to Mr Theron, we are able to get the feedback and follow up and assist when needed.

Again, the aim is not to manage but to empower the recipient to sustain the project in the long term.



Maltahohe Soup Kitchen

Daweb Constituency

Co-ordinator: Gerson Matjiua Tjिताura

gmmbatjandangi@gmail.com

Mr Tjिताura is co-ordinating the development of the small community living in and around Maltahohe and has a few projects in mind to attract more visitors to the area and also create an awareness of the culture and tradition of the community living in the region.

Mr Tjिताura is also involved in the soup kitchen program in Maltahohe, the Rev. P.A. Schmidt Primary school soup kitchen. The community hall did not have enough chairs or tables and the latter were in bad condition. To assist the project the Gondwana Care Trust supported the community hall with 135 chairs and 12 tables, so that they were able to serve the meals in a comfortable manner.

We are humbled by your care towards the community and we hope to be of further assistance when needed.

Anyone willing to assist Gerson in his projects to develop projects in the area to assist the community in creating jobs, please contact Gerson directly. Thank you.



Mount View Secondary School

Windhoek, Katutura

Project co-ordinator: Ms L Beukes

Situated in the outskirts of Windhoek, Mount View Secondary School faces great challenges ranging from the lack of funds to the weather conditions.

The children study under tents most of the time but they do turn up on time for school and they put up the tents every Monday morning to dismantle them every Friday. Thanks to private sponsors and determination of a few individuals, Ms Beukes managed to have a container classroom donated for the grade 10 and 11's.

The school held their first Matric Ball this year and Gondwana Care Trust – who managed to collect over 35 Matric Ball dresses over the last 2 years – was able to assist the learners who did not have the budget to buy a dress for the event.

Together with their teachers and Ms Beukes, they have managed to book a venue and organise transportation to the venue and back to their homes.

The girls had a whole day to choose their gowns for the evening and they looked beautiful!

The girls borrowed the dresses and we will keep them for future events such as Mount View Matric Dance, so we can assist another learner to enjoy her evening in a lovely dress.

Gondwana Care Trust took care of the dresses, cleaning and any repairs needed so the dresses look

good as new and fit for a princess. A big thank you to all the ladies who contributed in donating dresses, jackets, shoes and most especially to *Ms Hurter who created and donated hand-made jewellery, clothing and shoes to make this event so special!*

Thank you, ladies, for caring and being who you are!



Stampriet Community – Stampriet Senior citizen conference 14th July 2019

Co-ordinator: Stampriet Village Council / SCC

The Senior Conference this year took place on 14 July in Stampriet and gathered hundreds of elderly to discuss issues and share thoughts and wisdom on how to go forward and improve living conditions and other issues concerning the wellbeing of the elderly community in the South.



Gondwana Care Trust donated meat to assist the conference and the wellbeing of the participants.

Stampriet Police Station contacted us regarding assistance to the maintenance of their vehicle and the urgent need for tyres. Gondwana Care Trust supported the Police station with the fitting and 5 brand new tyres. Thank you for your service in keeping the community safe.

XMAS BAG PROJECT 2019

Gondwana Care Trusts

[dginiv\(at\)iway.na](mailto:dginiv(at)iway.na)

081 242 59 00 for more information

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.

The project is now in full swing... Thanks to all the Gondwana properties around the country, the Xmas Bag are for sale and for N\$200.00, you can support a child that will receive the bag on your behalf.

The ADS (Association of Diplomatic Spouses) organized the FNCC fair in September and sponsored a table worth of N\$5 000.00 for the Gondwana Care Trust - on the condition that we would use the money towards our Xmas bags, so they sponsored 25 bags in fact. Thank you so much!

Thank you to our partners who have jumped in immediately and contributed towards the Xmas Bag project – THANK YOU to all for your contributions, either in goods or cash donation through our bank account: **Sea Pride Walvis Bay for goods, Sea work for goods, Namib Mills for goods, Windhoek Textiles for goods, Global United for 125 bags, Potentia for 75 bags, The Grove Super Spar for goods, Komnick for coffee and chocolate; all these goods to be added into the Xmas bags. Thank you for our partners, ABC Stationers, Windhoek Stationers, Namibia Book Market in giving us great discount on goods. And last but not least we would like to thank Coastal Couriers for their valuable support in transporting the all the goods.**

Thank you to all the wonderful individuals for their contributions, Jacky Shaanika, Emser Family, Hurter Family, Hartung Family, **Silke Ahrens**, Tessa Albrightson, Steny & the sales team @ Gondwana, Thank you!

We have started sending the list's request to schools and centres with whom we are in contact, all around Namibia and we will start packing as from October so the bags can be delivered in time before schools close in November.

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 your name and email address on your donation so we can add you to the newsletter and XMAS BAG 2019.



Should you want to contribute with a cash donation, please find our bank details below.

Please add your name/Xmas as a reference for your contribution.

Bank Windhoek Limited

Gondwana Care Trust

Maerua Mall Branch / 483 872

Chk – 800 818 44 91

What we **still** need towards the Xmas Bag:

Basic Hygienic set: soap / small Vaseline / toothpaste and toothbrush (all ages needed) / body cream / hand towel / washable hygienic pad if possible (cost N\$120.00 @ 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

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

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

[dginiv\(at\)iway.na](mailto:dginiv@iway.na)

081 242 59 00

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