



GR@ILVINE

GRAILPROGRAMMES NEWSLETTER

Kleinmond, South Africa, April 2012



Enthusiastic residents, who started queueing from 06:00 for the Health Fair at Mthimkhulu Village Centre on 24 March 2012

MAY - JUNE 2012

Mthimkhulu Village Centre

May - June

- . Solar Maintenance Training for new housing owners
- . After Care Programme for Grade R to grade 5

Community Development Programme

May

- . Change Agents Mentoring session (Mount Pleasant, Hauston, Kleinmond, Botriver)
- . Change Agents Training

May - June

- . Caledon Change Agents soup kitchen (Every Wednesday)
- . Hawston Change Agents afterschool assistance (Mondays - Fridays)
- . Kleinmond Change Agents women's support group meeting (Every Tuesday)

The Grail Centre

18-20 May

Grail Retreat - Enneagram with Dr Yvonne Sliep

Training for Transformation

June

- . Deadline to send the Application Form for the Diploma Course 2012 - 2013
- . Second residential phase of Training for Transformation Certificate Course

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Mthimkhulu Village Centre enters health sector with a bang

By Doreen Februarie

Mthimkhulu Village Centre in collaboration with various partners successfully hosted a Health Fair on 24 March 2012 with just under 450 community members each receiving on average two services for free!

With many individuals working and services not always available when it is needed, the Health Fair aimed to make a variety of services accessible in one place and on a Saturday.

We thank our enthusiastic residents, especially those who started queueing from 06:00 in the morning to ensure that they got to use all the services. On offer was eye testing (those tested and found in need also received spectacles for free), foot and nail care, HIV testing/CD4/Counselling, Women's Health including Pap smears and Breast examinations, various therapists namely Occupational, Physio, Speech, Hearing, Dietician, Oral Hygienist, a Sputum booth for TB screening and Arthritis care.

In addition, Health talks on topics like Dental Care, Communication with the blind, Teenage health and Cancer were scheduled around the clock.

The process was smooth. After people registered at the

gates, they moved into the Village Centre where different stations were set up. Armed with a list of all the available services they could choose the ones they needed.

Eye testing was the most popular service and 43 people received free spectacles. The total usage per service was as follows:

STATION/ SERVICE	ATTENDANCE
1 BP (blood pressure) HgT (blood sugar) Foot and Nail care	91 71 91
2 Eye testing/fundoscopy Provided with spectacles	156 43
3 Child Welfare Supervised KIDDIES Corner – games to keep children busy while mothers go for testing	36
4 HIV testing/CD4/Counselling – Tutu Treater	120
5 Women's Health: Pap smears Breast examination	21 32
6 Therapists: Occupational Physio Speech and hearing therapist Dietician Oral Hygienist	66 17 33 34 67
7 Sputum booth – TB screening	21
8 Arthritis care	29
Total services rendered	854
Total registrations	427

An event on this scale is just not possible without various partners. We would like to sincerely thank the Department of Health, Kleinmond Clinic, Kleinmond Health and Welfare Committee, Hanani Outreach team from Groote Schuur Hospital in Cape Town, Child Welfare Kleinmond, CANSA, Social Development, Kleinmond Botanical Society, the Department of Social Services and Right to Care. It was a privilege to host this important event!



Health Fair on 24 March 2012

Working towards a healthy community

By Doreen Februarie

On 23 March 2012 we received good news from the Department of Health: Mthimkhulu Village Centre's application to manage community health services on their behalf, was successful.

We are delighted to be able to expand our services to the community. Holistic community health is a key focus area for us.

From 1 April 2012, Mthimkhulu is responsible for the following services:

- HIV/Aids Counselling Services in the Overberg region which include towns such as Gansbaai, Stanford, Hermanus, Zwelihe, Mount Pleasant, Hawston and Hangklip/ Kleinmond.
- Home Based Care Services in the Hangklip/Kleinmond area.

A total of 22 new staff members will join the Mthimkhulu family, 10 Home carers and 10 Lay Counsellors, each team with its own coordinator. The staff at Mthimkhulu Village Centre welcome their new colleagues and look forward to learn and grow through this service.

Change Agent Training for 2012 has begun

By Hazel Apollis

The Change Agent leadership training commenced on Saturday 11 February 2012, with a group of 45 participants from 6 areas in the Overberg District: Zwelihe, Mount Pleasant, Hawston, Kleinmond, Botrivier and Uitsig, Caledon.

The first workshop focused on introducing the new participants to the methodology of Paulo Freire (methodology on which leadership training is based): his methodology was grounded in critical consciousness of poor people and this includes taking action against the oppressive elements in one's life that are illuminated by that understanding. This consciousness and taking action will allow communities to reshape their community so that all will have the opportunity to a full life. During this session, the participants also had to do a map of their individual communities and identify the good and bad within these communities. This allowed them to explore and learn more about the other communities, but also identify key or priority issues that Change Agents can address through initiatives. General issues that were identified in all 6 areas were: substance abuse by young people; housing shortage; increase in opening of shebeens within residential areas and unemployment.

On 10 March, the second training workshop focused on using narrative theatre as a method of addressing the issue of increased openings of shebeens within all these 6 areas – as it was identified as a common issue. Drama was used to illustrate this problem and the participant could “re-write” the script of drama into the preferred outcome; so they re-acted the illustrated drama with real life preferred outcomes. This helped the participants to draw up an action plan in addressing this problem systematically.

The Change Agent leadership will continue on a monthly basis as the course has 10 modules that have to be completed.

Human Rights celebrated in Zwelihle and Caledon By Hazel Apollis

In our plight to restore injustices of the past, the Change Agents decided to celebrate Human Rights Day in Zwelihle, Hawston & Caledon and thus create awareness around our rights as people. The Community Development Programme Interns in these areas organised these successful events and we had a total number of 320 people who attended.

The Change Agents from Zwelihle focused on the rights of disabled people and the guests for that day were from a local forum for disabled people. The Executive Mayor for the Overstrand Municipality, Nicolette Botha-Guthrie, was the guest speaker at this event. The mayor interacted with the group of people and could answer questions posed relating to the rights of the disabled – during which she also emphasised that they should be treated equally with love and respect and be included in our daily activities. Change agents will thus take hands with the local municipality in enhancing the rights of disabled people.



Mayor Nicolette Botha-Guthrie at Zwelihle Human Rights Day celebration, 21 March 2012

The Change Agents in Caledon in conjunction with Uitsig Neighbourhood watch, BAWSI, Sonskyn Crèche, Caledon SAPS and the VGK Church had a FUN WALK in aid of the women’s rights, senior citizens and children of the Uitsig community.

A total of 200 children and 50 adults participated in the walk, travelling along the perimeter roads of Uitsig. Our intern, Sarie Flippies addressed the crowd by giving the children guidelines and tips to safeguard themselves against the dangers youngsters face daily and also emphasised the rights of women.



A total of 200 children and 50 adults participated in the FUN WALK

Children’s rights and responsibilities were also read out to the audience by Warrant officer Eddy Ova and he also gave a brief message from the Caledon Police on the rights to live in a home free from all forms of violence.

“WOMEN WON’T WAIT” was the theme for the Hawston Change Agents Human Rights day celebration. Cllr Mercia Andrews, one of the local municipal councillors, was a guest at this event with a group of 30 women from the community present. Mary Hull from the Victim Empowerment Programme & Pastor Rose Kosani were the guest speakers for this event and empowered the women through their words of pride, passion, determination and empathy on women’s issues. A candle was lit in remembrance of all women and the event was ended off by the men in audience that read the following pledge:

As a creation of God, we are here to treat everyone around us with kindness; respect and love and to treat everyone equally. As a man I hereby pledge to do the following towards my female counterparts:

1. I will protect her from harm and will report to police if she was harmed.
2. I will not abuse her physically, emotionally, verbally or sexually.
3. I will not treat her with disrespect and regard her as unworthy.
4. I will compliment her and appreciate her as my friend, a wife, a mother, a grandmother and a sister.
5. I will listen to her when she speaks & will not disregard her opinions.
6. I will pray for her.
7. I will love her.
8. I will support her and help her when she asks.
9. I will make her feel special and treat her like a queen, not only on special days but every day.
10. I vow to do all of the above every single day and with love, care and sincerity.

Introducing Joan Daries, recently appointed as the Grail Centre Marketer and Manager

By Freda Gray



Joan Daries, Grail Centre Marketer and Manager

What was it that specifically attracted you to apply for the Grail Centre Marketer/ Manager position?

The advert literally jumped out at me when I saw it in the Saturday morning paper a few weeks ago. I read it and re-read it. Over the weekend it stayed in my mind. I thought I would give it a chance and sent in my CV.

You have worked around the world. Could you tell us about one of your most interesting experiences?

The most interesting experience I had was in Pakistan. It was a month after the October Earthquake and the country was still trying to deal with the aftermath of the worst earthquake in many years. The UN Volunteers programme needed to assist in getting volunteer effort in Pakistan a little more co-ordinated to build community solidarity, especially when dealing with disasters, but also for development. My role was to facilitate meetings between us NGO leaders, who were very suspicious of their political leaders and senior government officials. There was a lot of shuttle diplomacy that had to be done.

During this time I had wonderful interactions with local people who were so warm and welcoming and I also had people sharing the most poignant stories of family members who were lost in the earthquake.

In 2001 you won the Shoprite Checkers South African Woman of the Year Award for Media and Communication, an opportunity that placed you on stage with among others, Miriam Makeba. Could you tell us about that experience?

The nomination came as a surprise! I had just been through a period of campaigning vigorously for South Africa to honour the millions of unsung heroes in our country that we call volunteers. This took me to the United Nations Headquarters in New York to address the Commission for Social Development in support of International Year of Volunteers 2001 (IYV 2001). At the time it was also noted that Mama Miriam Makeba, who had been showered with accolades all over the world had never really been recognised in her home country in the same way. I must confess that I was more thrilled to be on the same stage with Mama Miriam (she was exactly the same age as my own mother!) as she was crowned with the Shoprite Checkers

Woman of the Year Award than with my own Woman of the Year Award for Media and Communications!

What makes you proud to be South African?

Our struggle for democracy formed the backdrop to my life and I am so proud to be South African because of what we achieved in a reasonably peaceful transition from oppression to democracy. We set such a fine example for the world to follow, but I am very concerned that we now need to really work much harder at fighting poverty and its ghastly effects that are still keeping most of our fellow South Africans and especially our children without hope for a better future. I am trusting that we have the courage and determination to face this battle head on too.

What inspires you? What makes Joan Daries leap out of bed in the morning?

Love inspires me. I believe in a God of love and compassion. This inspires me to believe that the world can be a beautiful place where there is room for all of us to live, breathe and fulfil our purpose. I love nature – and Kleinmond has seduced me – mountain, forest and sea. What more could one want?

Although it is early days, you only start officially on 1 May at the Grail Centre, what do you see as the key selling points of the Centre?

The miracle of instant communication via the internet and our booming communications industry means that we are overwhelmed with information about what is happening all over the world all of the time. Most of the news that we are bombarded with is bad news. Our stress levels have never been higher. NGOs, families and individuals need an affordable place in beautiful surroundings where they can drop out of the craziness and refresh body, mind and spirit.

It is a perfect place for strategic planning, training venue and reflection for NGOs and faith-based communities. It is a perfect place for families and individuals who want to celebrate important family milestones and religious festivals. I can't wait to start promoting the Grail Centre and the wonderful opportunities it offers.

Where do you see the Centre in the five years from now?

I see the Centre as the first choice for our target market in the Western Cape Province and beyond. We would be busy throughout the year with people coming in as others are leaving! Together with other Grail projects such as the Mthimkhulu Village Centre it will be at the heart of the Kleinmond area. Nobody would want to visit Kleinmond without coming to these Centres and hearing about our successes in community development.

Cape Town Grail - Retreats and Workshops

By Anne Hope

Besides the monthly meetings for Grail members, which have started again on Sunday afternoons, the Cape Town Grail has organised a series of weekend retreats for members and friends at the Grail Centre in Kleinmond.

The first of these was led by Fr Roger Hickley and his sister Mrs Janet Perrott, from 3rd-5th February. 16 women participated. It was on *The Voices of Inspiring Women in their Search for the Sacred*. The gatherings took place in Hildegard House with prayers in both the forest and the Upper Room. As always Roger provided us all with a rich selection of extracts from the writings of the different women, beginning with three mystics from the Middle Ages: Hildegard of Bingen, Mechtilde of Magdeburg, and Julian of Norwich, as relevant today as they were 800 years ago. The fact that they were so deeply attuned to the presence of God in nature made their insights into deep ecology very meaningful for us in the intense concern for the environment which has escalated rapidly during recent years. Then we jumped to two 20th century women of Jewish origin, who died in Auschwitz. Sr Edith Stein, a Carmelite nun, and Etty Hillesum, a young lay woman. The courage and generosity of both these women is a personal challenge to all of us.

Janet then introduced us to some of the contemporary women responding to the radical challenge of the Gospel from the perspective of feminist spirituality, including Edwina Gately, an English woman who started the Volunteer Missionary Movement for lay people, and Genesis House, a sanctuary for women who had been prostituted in Chicago, and Joyce Rupp. She also used prayers and poems from a young South African woman, Maggs Blackie, who teaches chemistry at UCT and also offers spiritual direction.

The second retreat was on March 9th and 10th, led by Di Salters on *Spiral Dynamics*. This is a fascinating way of looking at the evolution of culture, explored originally by Clare St Graves, but made much more accessible by Don Beck and Christopher Cowan, all members of *Ken Wilber's Integral Institute*. They introduced colour coding to distinguish different levels of complexity within the changing world views both of individuals and subcultures within a society.

During the first session Di presented the theory. In the second session we were given coloured paper, scissors and paste to make a visual presentation of the different levels of which we were conscious in our own lives. In the third session we applied the insights to the interaction between different subcultures in South African society today. The whole experience was very enlightening and very relevant to our ongoing work of breaking down barriers and building bridges between different communities in this

country. There were many requests to repeat this course and to continue our efforts to see how this theory might affect our work.

Rural community stunned by women's business acumen

By Mendy Mkondwa

Since I attended the Training for Transformation course in Kleinmond (2010-11), the Self Help Development Foundation [SHDF] savings group members have started two bakeries in the rural Buhera district of Zimbabwe. The 42 new business owners (of which 90% are women), will eventually offer bread to 4160 households. In an area where the possibility of drought is a constant companion, this means improved food security.

After two community workshops on applying the methodologies learnt at Training for Transformation, the possibility of setting up a commercial bread business was born. Historically bread is baked in pit ovens, but with the nearest bakery 60 kilometers away and with a potential market of more than 4100 households, it was clear that they would need more efficient facilities.

The two bakeries were established in different wards, each serving about 52 villages. The biggest village capacitates about 70 to 80 households and smaller ones about 40 to 60 households. 28 Members collectively own the Chiurwi Bakery (25 female and 3 male) and 14 members own Masasa Bakery (13 females and 1 male).



The women molded the bricks at home and carried it to the site they negotiated with the council

Setting up a bakery in a rural village is no easy task. What really stunned the community is that the members built the bakery without any money. However, where and when money was needed, SHDF savings concept rescued them for they could save money as a group, buy bags of cement, or required building materials.

The bakeries are a living testimony that group savings is a best practice that can lift women out of poverty.

When it became harder to save more money, those who had saved in the past years and bought goats and chickens for breeding, sold excess livestock to contribute towards building. Under the leadership of two steering committees the women defied all the prophets of doom, who prefer to divide tasks according to gender. The women molded the bricks at home and carried it to the site they negotiated with the council. Brick by brick, they built the facilities and an official opening is to be done on 24 April 2012.



'That is what we call 'women's pride and success''

The women have big dreams and already shown their determination. They are constantly seeing new opportunities to grow their business ... and income, all opportunities that would have been missed if you relied on a pit oven. They can supply at least (a) four primary and three secondary schools in each ward, (b) institutional gatherings e.g. Stakeholders' meetings like Goal, SHDF, Dananai meetings, (c) clinics and (d) monthly Cattle Market gatherings. That is what we call 'women's pride and success'.

MORE INFO

Next Grail Retreat at The Grail Centre

The next retreat will be led by Dr Yvonne Sliep on the **Enneagram** from 18th-20th May. The Enneagram is a very ancient Eastern way of distinguishing between the dominant types of motivation in nine different types of personality. It has recently been rediscovered in the West, and found to be extremely helpful in building self-understanding, tolerance and mutual appreciation in groups trying to build a spirit of community. To register: call 028 271 4887 or email ginoca@grailprogrammes.org.za

Donation for Aftercare Programme

We are looking for any donation for Aftercare Programme:

1. Books and stationery for Grade R-7

2. Outdoor and indoor toys
3. Plastics cups and plates
4. Classroom furniture

ABOUT US

THE GRAIL CENTRE TRUST

The Grail Centre Trust is based in Kleinmond, Western Cape. This Not-for-Profit Organisation delivers three programmes, namely Training for Transformation, Community Development Programme and Mthimkhulu Village Centre. In addition, the Grail Centre Conference and Retreat Centre can accommodate groups of up to 40 people.

FOR FURTHER INFORMATION

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Our work is not possible without the support from funders and donors. You too could help us today to expand our work. Please contact Freda on freda@grailprogrammes.org.za or call +27 (0)83 651 0774



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