

LIFELINE JOHANNESBURG NEWSLETTER

Dear LifeLine Johannesburg Community

We trust this newsletter finds you in good health and high spirits as we delve into the promising days of quarter 4, 2024. It is with great joy that we reconnect with you through our quarterly update, sharing the latest developments from LifeLine Johannesburg.

As we embark on this final quarter, we reflect on the journey thus far and eagerly anticipate the opportunities and growth that lie ahead.

Connecting Communities for 54 years!

LifeLine Johannesburg is a community-based non-profit organisation situated in the Johannesburg Metro. Established in 1969, we have been delivering emotional health services free to our diverse communities for the past 54 years. We operate from 21 sites in greater Johannesburg, stretching from Lenasia South in the far south to Alexandra in the north.

Vision

An emotionally healthy South Africa

Mission

To offer emotional health services through programmes that are preventative and responsive

Principles

We uphold a set of guiding principles that govern the way we work and engage with communities

- Integrity
- Diversity
- Passion
- Innovation

Our Guiding Values

Introducing GEMCOP, our compass for shared values and collective strength:

G – Grace

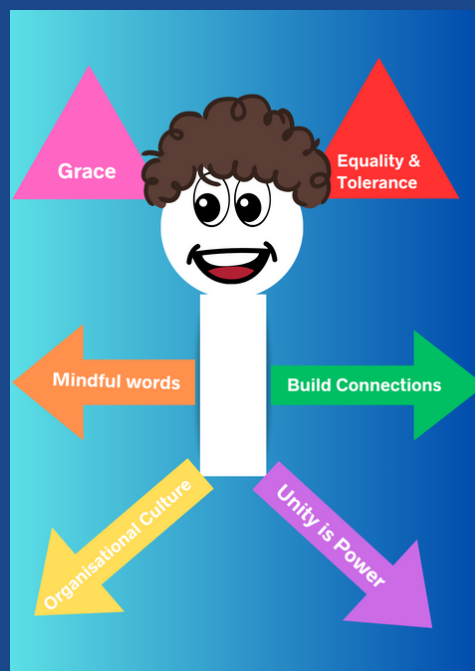
E – Equality and Tolerance

M – Mindful Words

C – Building Connections

O – Organisational Culture

P – Unity is Power



WORKING IN HARMONY

<p>1 Grace</p> <p>Show kindness and understanding in all interactions.</p>	<p>2 Equality and Tolerance</p> <p>An inclusive environment that celebrates diversity and respects all perspectives.</p>
<p>3 Mindful Words</p> <p>Speak with thoughtfulness and respect.</p>	<p>4 Building Connections</p> <p>Get to know each other on a personal level, fostering strong relationships that drive collaboration.</p>
<p>5 Organisational Culture</p> <p>Celebrate each other's achievements and contributions, nurturing a vibrant and supportive workplace.</p>	<p>6 Unity is Power</p> <p>Recognize that our collective strength is greater than individual efforts.</p>

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Acting Chairperson's Welcome

Dear Lifeliners

We are excited to present you with another edition of our quarterly newsletter.

Here, we strive to keep you informed on the organisation's activities.

In our last newsletter, we appealed for additional board members, and we are pleased to welcome Glynnis Branthwaite to the group. She brings a wealth of marketing experience, an essential component of our activities.

There have also been some staffing changes. We welcomed Siseko Wandile Nokhatwya, who has joined us as a Bookkeeper and Kshama Rajagopalan, our new Course Coordinator. They are already making outstanding contribution!

As we approach the close of our financial year, it's a good time to reflect on our organisation's financial position. While our foundation remains robust, we recognise the importance of staying vigilant and adapting to current trends and challenges. To ensure we remain aligned with our goals and relevant in today's rapidly changing environment, we are scheduling a strategic meeting on April 20th to re-evaluate and refine our approach.

Our Annual General Meeting is also around the corner. We urge all members to attend, participate and contribute to the wellbeing of the organisation.

Thank you to everyone for the continued support and dedication to LifeLine Johannesburg. Upwards and onwards!

Yours sincerely

Makhosazana Thom

Directors' Desk

"Celebrating Unity in Leadership"



Dear LifeLine Family,

As newly appointed Co-Directors, we are thrilled to embark on this leadership journey together. We believe in the power of unity and are excited to foster a culture of collaboration, respect, and innovation within our team.

Unity in leadership is not just about sharing responsibilities; it is about embracing diverse perspectives, leveraging each other's strengths, and working towards a shared vision. Together, we aim to lead by example, supporting and empowering each member of our team to reach their full potential.

We understand that challenges may arise, but we are confident that with unity and teamwork, we can overcome any obstacle that comes our way. Let us celebrate our shared commitment to excellence and embark on this new chapter with enthusiasm and determination.

Here's to a future filled with unity, growth, and success.

Warm regards

Nompumelelo Mudzamba & Sindisiwe Magagula
Co-Directors, LifeLine Johannesburg

“Fresh Faces Flash”

LifeLine Johannesburg welcomed two new members to our family in February. We are thrilled to have them on board, bringing fresh perspectives and enthusiasm to our team. Join us in extending a warm welcome to our newest colleagues.



Kshama Rajagopalan

Personal Growth and Counselling Skills Course
Coordinator

“True belonging only happens when we present our authentic, imperfect selves to the world” (Brenè Brown). So come as you are and be accepted, just because you are alive and human.

That is what LifeLine offered me, and with gratitude, I would like to extend that experience to everyone. You are not alone.



Siseko Wandile
Nokhatywa

Bookkeeper

Working with LifeLine is a life-changing experience. I am engaging in work that is meaningful and impactful. It is more than just a job; it is a chance to make a real difference and be part of a community driven by purpose and compassion. I am grateful for the opportunity to contribute to something bigger than myself and to be surrounded by like-minded individuals who share a common vision for positive change.

Embracing Our Values: Connecting Through Unity and Culture!

At LifeLine Johannesburg, we are not just a team; we are a community guided by principles that define us. Our recent outings have showcased the embodiment of our values. Through these shared experiences, we have strengthened our unity and cultivated a rich organisational culture. Join us as we continue to forge connections and celebrate the power of unity, shaping a culture we are proud to call our own. See the pictures below to catch a glimpse of the fun!

Year-end Celebration Highlights

Check out the fun we had at our year-end lunch last year! Lots of smiles and good vibes. What a way to end the year on a high note! Here's to more good times ahead in 2024!



Love, Laughter, and Team Bonding on Valentine's Day

This Valentine's Day, we unleashed the fun with our very own Games Day! From heart-stopping challenges to hilarious competitions, the office was buzzing with excitement. We laughed, we bonded, and we made memories that had us smiling for days. Check out the photos below to see the fun for yourself!



Friday Fun at Joburg Zoo!

On 15 March 2024, we had an amazing day at Joburg Zoo! We got to see lions, monkeys, and so much more, and it was a blast exploring together. The laughter and excitement made it a day to remember. Check out the photos to see all the fun we had!



Projects

In our commitment to creating a stronger, healthier community, we are thrilled to share the exciting initiatives we have undertaken in the past quarter. Here's a snapshot of our community engagement endeavors:

Victim Empowerment

Moroka Victim Supporters hosted an event focused on victim empowerment on 16 January 2024. They distributed information pamphlets to South African Police Service (SAPS) members and engaged with the broader community, sharing resources from LifeLine Johannesburg. This event was part of Moroka Victim Empowerment Programme, showing their dedication to supporting those affected by trauma. By spreading awareness of available services, they aim to create a stronger and more resilient community, helping individuals on their journey to healing.



Human Rights Dialogue & Awareness Campaign

Our recent event at Protea City Community Hall was a fantastic success. We gathered with community members and stakeholders for a special Human Rights Dialogue & Awareness Campaign on 22 March 2024. While chatting with community members about their needs, stakeholders shared information about their important services, such as legal aid and healthcare. We also had fun with entertainment and snacks. Thanks to everyone who joined us.

Let's keep working together for human rights in Protea City, and beyond!



Courses and Training

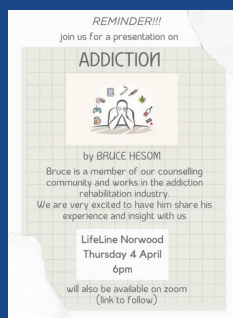
LifeLine Course

Our February run of the Personal Growth and Counselling Skills course has kicked off successfully. We have an in-person group, a hybrid group and a special group of deaf participants doing the course. Our incredible team of facilitators – Chris Harley, Maryanne Petit, Neil Butkow, Emily Peters, Janet King and Martina Venneman will journey with them until the first week of December, when the course ends. They will be supported by others who will help in varying capacities, from hosting groups to making calls.

The applications for our August course are now open and we are also working to extend our reach in the community and larger society. We need your engagement and presence, dear Lifeliners, to help us do that. When we come to you with requests in the coming weeks, please support us by filling in a form, offering your skills, or simply putting in a good word for us somewhere. Every bit helps, even when you can only offer five minutes.

The LifeLine course opens up a world that is highly rewarding. Let us share that gift that keeps giving, far and wide.

Ongoing training



In most recent Training session, held on the 4 April 2024 at LifeLine Norwood and via Zoom, guest speaker Bruce Hesom led a presentation on addiction. This, and other sessions we host, are crucial for enhancing the skills and knowledge of our counsellors, ensuring they can effectively address a wide range of issues, including sensitive topics such as addiction. Beyond knowledge sharing, these events foster a sense of community and collaboration among counsellors. Guest speakers like Bruce serve as mentors and inspire excellence, while also providing opportunities for networking and exchanging ideas, strengthening our counselling community. The event was a resounding success, further equipping our counsellors with valuable insights and tools to serve our clients better.

Corporate Training

LifeLine Corporate has had an extremely busy month with work-readiness training for our client at Discovery. We trained 43 participants face-to-face in Johannesburg and 32 virtually across the Eastern Cape, Western Cape and KwaZulu-Natal. The training was a success, and we received lots of positive comments and feedback from both the participants and management at Discovery. We would like to thank our trainers for all the hard work that they have put in and dedicated to making this training a success. Our next project will be to enhance our marketing for our Corporate Training Division.

Volunteer spotlight: Mickie Jacobs



Across Two Continents

In 2020, when Covid hit, I was one of the facilitators tasked with taking the course online halfway through Personal Growth, and I had to learn to navigate the intricacies of Zoom while trying to keep the course afloat.

For me, that fast learning curve has been my lifeline to remaining active within LifeLine. I have facilitated an entire course with seven trainees on my own and went onto mentor that cohort. I have facilitated with a co-facilitator who I knew (I was her facilitator!), but whom I met in person for years. I have also mentored other groups and, of course, run a supervision group.

In September 2020, our younger daughter, Rachel had a Zoom wedding and nine months later, a Covid baby. Given we lived only half a kilometre apart, baby Ruth became an almost daily part of our lives as we tried to support Rachel and Graeme at a time when there was little or no peer interaction. So, when they decided to come to the UK, we didn't want to lose close contact with our only grandchild. As a result, since December 2021, I have managed my LifeLine life between Johannesburg and now mostly from the UK. I have facilitated sessions from various parts of the country including on our moving day!

During my recent three months back in Joburg, it was a joy to be able to have some meetings at Norwood, to reconnect with old friends and colleagues and so exciting to meet some of those who I had only ever known online. One of the results of this is that Odile and my supervision group requested to meet more regularly in-person and so those meetings will now alternate between online and hybrid.

While we may hotly debate the merits of in-person vs online, I strongly believe there is a place for both. After nearly 16 years with LifeLine, I would be sad to not be able to continue my involvement to a greater or lesser extent. This year will be lesser as our second granddaughter, Beth was born on 5 February. We deliberately live close, about 1 ½ kilometres apart so we can help out as much as we are needed. Little Ruth is an integral part of our lives, happy to stay with us overnight and with her own toys and belongings here. However, I will most certainly continue to supervise our group, ably supported by Odile and to be available at least as a stand-in facilitator as well as helping out in various other capacities, as I do from time to time.

In the meantime, I look forward to seeing as many of you as possible online until our next planned visit in October, when there will be the joy of in-person reunions.

Closing message

Dear LifeLine Johannesburg Community

As we wrap up this edition, a big thank you to everyone for your incredible support! Your commitment keeps our mission alive, making a real difference in our community.

With your continued involvement, we are confident of creating positive change and empowering individuals.

Together, we're building a brighter and more inclusive future. Thank you to each and everyone of you for being part of us. Your contributions matter. We are excited to continue this journey with you.

Warm regards

LifeLine Johannesburg

Connect with Us



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We are here for you. Reach out through your preferred channel, and let's navigate the path to support and empowerment together.