



Soup for the Soul



Women's Month Project

Rotary Club of Pretoria East joined hands with Tshwane Leadership Foundation (TLF) to support the inner-city communities where several safe houses provide shelter for women and children in need. This project provided food to women (homeless, abused, violated women) and their children at The Potter's House, as well as the girls (11 – 18 years) at Lerato House. This was the focus of the Women's Day activities whilst still maintaining social distancing and other COVID-19 precautions.

TLF is active in areas that are often catch-basins for the most vulnerable people, including the growing number of homeless people or "near" homeless people finding themselves on the streets of the inner city, unemployed or low-income families with their children, and runaway children living and working on the streets. Becoming a woman or child at risk, or becoming homeless, is not an overnight process. It is often the result of a gradual disintegration of social, economic and emotional support mechanisms.

✚ Vulnerable people often have limited access to appropriate information, skills, employment, decent and affordable shelter, and basic health care

✚ They often lack the social networks that could have prevented them from becoming as vulnerable or ending up on the streets in the first place

✚ Others choose to come to the inner city, to live in overcrowded apartments, or even to live on the streets, as an intentional attempt to be closer to possible employment opportunities

✚ Sexual or physical abuse, mental illness, absolute poverty in their original communities, or substance abuse, also lead to people to become extremely vulnerable and at risk

✚ The children of vulnerable, homeless or low-income people often face risk in terms of lack of appropriate child care, safety and educational access

The Rotary Club of Pretoria East made soup, donated bread or ingredients in order to deliver 40 liters of soup, 20 loaves of bread and 4 kg of margarine to the Tshwane Leadership Foundation. The project not only served to provide some much-needed food for the beneficiaries but also served as an opportunity for fellowship.



From Left to Right:
Standing at Back: Aiden and Rose, Patrick, Grant, Doulien
Seated in Front: Marba and Jan, Mariana, Clive



From Left to Right:
Aiden, Doulien, Memos,
Nosisi (seated and flanked by her two helpers), Clive, Rose and Grant



Women's Month Project

Rotary Acknowledges the Struggle that Many Women in SA Face on a Daily Basis

Motivated by the drive and enthusiasm of President Doulien Knopjes, the Rotary Club of Pretoria East decided to honour Woman's Day this year by supporting the Tshwane Leadership Foundation initiative.

The Foundation has been operating since 1993 providing much-needed support to the most vulnerable and in the majority of instances homeless or near homeless people in Inner City communities. The Foundation's focus includes providing transitional residential care and housing to 100 abused and often violated women and their children annually. The women and children requiring shelter and care are accommodated at either Potter House or at Lerato House as well as long term foster care to seven girls at Tswelelang.

In addition to the shelters provided by the Foundation, they also operate Outreach programs, drop-in Assessment Centres and HIV/Aids health care support amongst the many other services and life skills guidance to all of the vulnerable people who seek their help.

So, it was agreed to use the Woman's Day public holiday on Monday, August 10 to combine our efforts to make a generous amount of nourishing soup which we could provide to the Foundation, together with loaves of bread and margarine that they could provide to all of the woman and children who rely so heavily on them for a decent meal.

In true Rotary spirit it was only to be expected that the occasion would be combined with some much-needed fellowship, what with the months of lockdown that we have had to endure because of the COVID-19 pandemic – but naturally all social distancing and protective precautions would have to be and were strictly adhered to.



SOUP MADE ON SITE: Grant Adam generously made his spacious and very luxurious new home available as the base and collection point for the occasion. President Doulien together with Grant, AG Memos, Bert, Nosisi and her daughter and a friend all helped to prepare the vegetables and cook the large pots of soup to be distributed later that afternoon.

Through the Club member's joint initiative, President Doulien delivered to Victoria Boshoga of Tshwane Leadership Foundation:

- ✚ 40 liters of soup
- ✚ 20 loaves of bread
- ✚ 4 kg of margarine

SOUP FROM HOME: To avoid too much and unnecessary contact, some club members elected rather to prepare the soup at home and to deliver containers with **19 liters of soup** and **2 loaves** of bread to Grant's home during the course of the day:

- ✚ Jan & Marba (5 liters)
- ✚ Mariana (10 liters)
- ✚ Robin & Edie (4 liters)

The occasion, however, provided the ideal opportunity for some long overdue club fellowship and for those who felt comfortable with the idea, Grant being the warm host we have been accustomed to, and together with contributions from AG Memos and others put together a scrumptious lunch time braai which anyone who wished to, was invited to stay and enjoy. A big thank you to Grant and all who contributed to the "feast".

Congratulations to Doulien and well done to all of the Rotarians who made this all possible!!



**TSHWANE
LEADERSHIP
FOUNDATION**

WORKING TOWARDS URBAN TRANSFORMATION

Rotarian Nosisi and her helpers Nolitha Dlabewu and Natalia Maina did their bit in the kitchen cutting up vegetables for the RCPE Women's Day initiative to provide soup to the safe homes.

