

Chest Chat

Electronic Newsletter of Lusa Community Chest

In the winter 2024 issue:

NQF Level 5 in
Community
Development



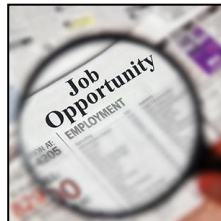
Empowering
Enterprising
Women



Equipping
Educators to
give Our Little
Ones a Great
Start



Give
yourself
a Job



Transformer –
Personal
Mastery



Kind Giving from
our Donors
warm Tummies
and Hearts



Winter
Warm
2024





NQF Level 5 in Community Development



For the second consecutive year, Almamet South Africa (Pty) Ltd has funded bursaries for several students to complete Lusa's 12 month NQF Level 5 Community Development accredited course.

This qualification is designed to empower people who are already working, or who intend to work, in any setting relevant to community development. It provides learners with the competencies which they need to act as change agents and so add value in the practice of community development.

Course Objectives and outcomes:

Students acquiring this qualification will develop the knowledge and skills to operate effectively in community development environments, being able to support individuals and organisations in achieving their community development goals and objectives. The students will gain the competencies needed to identify community needs while working with communities and households, to identify and plan community projects for social change, to improve the quality of life of communities in an integrated and sustainable manner and to mobilise resources.

The training will be facilitated via as a combination of live online sessions and face to face interaction and students will have access to additional material on this LMS platform.

Thank you Almamet. We highly value your support of Lusa SEI and your investment in making an impact in the education of our students.

Empowering the Enterprising Women of Sebokeng

We thank Arcelor Mittal and Itirele Foundation Charitable Trust for their investment over the years in Lusa's Abigail Enterprise initiative endeavours to support South African women entrepreneurs, especially Previously Disadvantaged Individuals (PDI) to become financially independent.

The programme develops personal and entrepreneurial skills necessary to run effective and profitable businesses, thus empowering participants to be successful businesswoman.

The program is facilitated over a period of 4 months and covers a range of aspects required for successful business operations and growth as well as helping participants develop skills for personal mastery.

Topics covered in this program include:

- Financial Management and compliance
- Costing, Pricing and Quality
- Business and Strategic Plans
- Effective Business Practices
- The value of technology and Social Media Marketing
- Business networking
- Corporate Branding
- Marketing
- Leadership and Emotional Intelligence
- Personal Mastery

The program also includes mentorship with successful female entrepreneurs from the Vaal region, including previous Abigail alumni. This encourages informative and enlightening discussions which inspire the participants with their personal and business journeys.



ArcelorMittal



Itirele Foundation
Charitable Trust



Monitoring and evaluation are done in the form of a proficiency Index, a multi-tiered business assessment, which participants complete pre- and post- training to measure the impact on and growth of each of the businesses.



The 2024 group of Abigail students sponsored by ArcelorMittal and Itirele Foundation Charitable Trust.

Empowering Township Entrepreneurs



We thank Barloworld Empowerment Trust for investing in Entrepreneurs through our Township Entrepreneurship Programme, which endeavours to build capacity amongst 100% Black Owned Enterprises operating the the Midvaal area.

The programme will consists of 8 x 4hours in-person sessions, focusing on practical applications of business practices to enhance business operations and support growth. Group mentorship by successful local business owners will provide additional support and help the participants build their business networks.



As a bespoke training programme the following training sessions will be facilitated:
Financial management; Sales techniques, product and services costing and pricing; Financial governance of personal and business finances, financial planning and saving,
Business growth, scale up and strategic planning
Marketing Strategies and the use of both traditional and social media marketing
Customer care, customer service & strategies to ensure repeat business
Understanding contractual obligations and other legal matters
As with all our training programmes self-awareness, emotional intelligence and personal mastery are an integral part of this programme and creates a solid foundation for business and life success.

M&E assessments will be completed to measure the impact of the training and evaluation of integration and implementation of learnings, progress of business growth and profitability.
Our investors receive an Impact Report after the successful completion the program to evaluate the return on investment in the Entrepreneurs.



Equipping ECD Educators to give Our Little Ones' a Great Start

Lusa Community Chest would like to thank our amazing Corporate partners for the funding of numerous Gr8Start ECD Programs.

Thank you Red Rocket for the funding for the Gr8 Start ECD Program that enabled Lusa to train 10 ECD educators in the picturesque town of Clarens in the Free State Province. This 5 day, foundational training, which included the Reel Gardening, Garden in a Box, Project, has upskilled these educators, who had previously not had opportunities for any training. This training will make a huge difference in the level of service at the ECD centres but more importantly in the future of children in the Clarens area.



We are also grateful to Prommac for sponsoring the Gr8Start Programme Training of 25 Principals in Bophelong, Vanderbijlpark.



And to BSI Steel for your loyal support over the years and for sponsoring 18 Principals in Lakeside, Midvaal.



The Gr8Start Training Program

The facilitation of the Gr8Start Program took place over 4 days as a hands-on, practical and interactive course.

The educators are taught how to use recyclable materials to prepare teaching aids and testing instruments for use in their lessons as well as to enhance their classroom environment to create a stimulating surrounding that awakens creativity and learning.

Teaching is a Calling : Being an educator should be a calling, a passion. It is something that calls for a loving person, with patience because children need love and care. There is also an aspect on personal development included into the program to equip the educator by raising their self-esteem and self-confidence. The educator understand the need to be confident, honest and trustworthy. With an understanding that trust and respect begins with the educator in order for learners to mirror that behaviour. The educators were shown ways to resolve different situations when dealing with different kids and gain a better understanding of the uniqueness of every child so that they are able to more effectively managing their ECD programs to accommodate the wide range of personalities and temperaments of the children in their care.

A Simple, Effective Solution

Our Garden in a Box initiative, in partnership with Reel Gardening, is designed to be the simple solution to gardening. All the worry, hassle and fuss is taken out of gardening with the easy to plant Reel Gardening seed strips or sachets. No need to worry about which nutrients to place, what grows well together or how deep and at what distance apart to put the seeds into the soil, the convenience and simplicity of the seed tape makes gardening accessible to everyone, even toddlers. Many of the community partners we work with who want to embark on this growing journey, don't have the capacity to purchase the Reel Gardening Products themselves. We are grateful to our sponsors who have made it possible to supply Garden in a Box kits to the ECDs.



Phil Zwane and Retha Jacobs from Lusa with the ECD Educators in Clarens for Gr8Start and Garden in a Box training sponsored by Red Rocket

Mr Sifiso Ntamane from BSI Steel receiving a Red Feather Award for their loyal CSI support of the Gr8Start ECD training of Principals from Lakeview.



ECD Gr8Start and Garden in a Box Training at Bophelong Library sponsored by Prommac.



“Give yourself a Job”



We wish to express our appreciation to Red Rocket for their investment in community upliftment and upskilling through sponsorship of several of our community impact programmes. 35 unemployed individuals from Clarens in the Free State, were empowered through the capacity building *Give yourself a Job* programme. This Programme is driven towards imparting practical skills to unemployed individuals in our communities that will enable them to create sustainable income generating opportunities.



Mr Ntsebe Mofokeng from Red Rocket and the Give Yourself a Job Programme participants in Clarens

Background to Programme

Unemployment in South Africa continues to rise and the scary truth is that currently about half of the adults under the age of 35 are unemployed. Even with the economy adding several thousand jobs, there are still not enough jobs to put food on the table of the numerous individuals in our communities. We believe that the project challenges individuals to be creative and do research about different entrepreneurial opportunities. It also teaches them what it takes to be the best in the job they have given themselves.

At Lusa Community Chest we believe that the hundreds of unemployed individuals would be able to give themselves jobs once provided with practical skills that will open their eyes and minds to the opportunities already present in their communities.



Transformer Programme

The aim of the Program is to empower and inspire you to become the best version of yourself. In order to reach your full potential, you need to understand yourself better and you also need to understand others better, to ensure you can navigate optimally through life. Life is a journey with many high and low points and through this training we provide tools and a different perspective to help you build your own resilience. We hope that this will also empower you to develop those around you, to live lives of meaning and purpose. Transformer Programme workshops are either online through our LMS platform or in-person. Practical and applicable life-skills training and principle based teachings span the areas of:

Whole Person Paradigm

Self-awareness

Principles of Personal Growth

Values and Attitude

Temperament Blend

Communication

Emotional Mastery

Conflict Resolution

Principles of Influence and change



Kind Giving from our Donors warm Tummies and Hearts

Donations are the lifeblood of nonprofits. It's not only cash donations that matter — in-kind donations play a major role.

An in-kind donation is a gift provided to a non-profit organisation by a corporation, business or individual which aids meeting the day-to-day needs of beneficiaries.

We are grateful to Emerald Resort & Casino for donating over 316 servings of the most delicious and nutritious soup to Lusa which we distributed to the following organisations:

Kamahelo Centre, Annani, June Nichols, Lewenskruispad, Catherine Robson, Umephi, Tshepong, Sasolburg Youth Homes, Lerato Home, Katleho House, Jabez Foundation, Huis Belinda, Ringer Street in Heilbron.

The children of these organisations were nurtured and nourished by your kindness.

Thank you Emerald Resort and Casino for your generous and continuous support of Lusa Community Chests' and our various projects and initiatives over many years.





Winter Warm 2024

The pantries and refrigerators of our child and youth care centres are depleted at the beginning of a cold winter. Most of these children's centres had not received their subsidies for a few months and regular donations have dropped due to the low economy we are all facing.

Lusa Community Chest with the help of valued, loyal corporate partners and kind individuals worked together to fill these food stocks at the centres. Lusa expresses a huge Thank You for ensuring that 320 children from 18 Children's Homes had enough, nutritious food to eat and stay healthy during the winter. We are grateful to all our community partners, who stood in unity and contributed to the Winter Warm food-drive campaign.

Veronica Kietzmann-Cronje, Key Note Address at Winter Warm 2024:

We are here today because we all want to add value and make a difference. We want to be champions for a great cause, we want to make a difference in the lives of more than 300 vulnerable children from 18 different children's homes.

I once watched an interview where a journalist asked an Aborigine from Australia if he was angry because foreigners came in and took their land and the Aborigine's answer truly changed how I look at things. He told her that nobody can own land. Long after we have all gone, the trees, the soil and the land will still be there. To think that we could own it was madness just as it is madness to think that we can take anything with us when we die.

All we can do is leave things behind. We can leave possessions, our children and our legacy behind.

I think the big question we should ask ourselves is if we actually made a difference while we were on this planet. What kind of contribution did we make? What kind of legacy did we leave behind in our families, in our communities?

Sometimes we rob people not by taking something away from them but by not sharing what we have. If we do not share our passion, our love, our talents, our dreams and our gifts, we are actually robbing people of the value they could have received if we only had an open hand, open mind and open heart.

Today I think more than ever, we see the need for compassion in a world where isolation has become the new way of being. Now more than ever we need to be good stewards and put our hands in our pockets to share what we have. What is the point of holding on to things when sharing them ultimately brings us joy and purpose and true value?

Making a difference to someone else's life is far more valuable than owning stuff.

Thanks for being good stewards today. Thanks for showing up and for making a difference to those who need it most.

Lusa thanks the following benefactors, we value your contribution and your partnership:

Platinum Award: BSI Steel

Gold Awards: Safripol, Staro, Cleveland Silica, Alta Pretorius and Vaal Milling

Silver Awards: Emerald Resort & Casino, IFM 102.2, Mooivaal Media, Mardo Photo's

Bronze Awards: Boots & Hats, Online Analytics, Huizemark Vaal, Big Bull Meat, Oophand, Shoprite, Fruit & Veg City





Social Entrepreneurship Institute

Lusa Social Entrepreneurship Institute (LSEI) provides bespoke services to individuals and corporate organisations.

Our services are rooted in our values of

- Passion
- Transparency
- Creativity
- Connection
- Accountability

Our training programmes have been proven to be transformational. We have a holistic approach to how we connect with and empower our clients and students, making emotional intelligence and social intelligence an integral part of all our service offerings.

Lusa SEI was birthed out of Lusa Community Chest and is a vital part of its legacy. The spirit of both entities is to transform lives and empower people to achieve their greatness, personally and professionally, thereby impacting our communities for the Greater Good.

Services



Coaching sessions

LusaSEI offers personal one-on-one Life or Executive coaching with experienced COMENSA and International Coaching Federation certified Neuro and Professional Coaches.



Team Coaching

In a world of constant change, companies are faced with new challenges that cannot be solved through management alone. Today's challenges need to be addressed by collaborative teams through shared leadership. Lusa SEI offers team coaching services to help remove the limits of traditional organisational management and help teams engage authentically and with common purpose.



Mediation

Conflict resolution through Mediation provides an alternative dispute resolution mechanism that creates effective win-win outcomes. Where conflict cannot be resolved in-house, LusaSEI offers mediation services facilitated by SAAM and NABFAM registered mediators.



Employee Wellness

An integrated wellness program can help promote healthy, well and happy employees who are valuable assets to every company.

Lusa SEI's Workplace employee wellness program is designed to help develop and support your employees to deal with the stressors of everyday life, increase personal vitality, boost morale, enhance teamwork and productivity, explore the power of creative problem solving, and maintain holistic well-being. The aim is to build resilience within the workforce of the company that will ultimately contribute to higher performance and profitability.

The employee workplace wellness program takes the form of monthly workshops or short skills courses to bolster personnel growth, development and wellness. The programme and content can be adapted to the needs of your company.

We collaborate with like-minded companies that are linked together to offer you a combined service for all your occupational health, hygiene, compliance, safety and wellness needs in an easily accessible network where legal compliance and quality assurance of all service providers have been verified in advance to save you time.

Skills Development Training

Lusa SEI offers a range of accredited programmes for skills development in the areas of Coaching, Mediation, Early Childhood Development, Leadership Development, and Community Development. Please visit our website at www.lusasei.co.za to view our various programmes. All our services can be adapted to suit your specific requirements.

Further details are available on request, please contact Diane (diane@lusa.co.za) or Veronica (veronica@lusa.co.za)