



PHAKAMISA

A Ministry of the Pinetown Methodist Church



April 2011

Dear Friends,
Easter holds the promise of new life. Phakamisa has much new life to celebrate, as you will find in this April newsletter.

The staff join me in praying that this Easter will be a sacred time with the promise of new life for you.

Shalom

Glenda

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Model School by Hilary Coombe

Since the start of 2011, the educare students have had the opportunity of spending time with me while I have been teaching the children from the wandering teacher's classes. This has provided them with good practical experience of how to implement what they have learnt during their workshops. The emphasis this term has been on encouraging the teachers to interact with the children during free play time, enabling the children to participate fully in all the activities that are available. It has been helpful for the teachers to observe how important it is for the children to complete even difficult activities, such as cutting out, on their own. The teachers are often tempted to assist too much, rather than encouraging the child to develop the relevant skills themselves. The teachers have also observed how to use waste and everyday items in the school.



Hilary Coombe



Cathy and a her trainees observing in the Model School.

Meet the Staff—Magugu's testimony

My Name is Magugu Mbanjwa. I am a Caregiver monitor at Phakamisa. I would like to share with you my testimony on how great is our Lord.

Last year in October, I had a problem. My right foot was so sore when I walked, -it was like there was no flesh in it- Like I was walking with only a bone. I tried to rub it and nothing happened and I visited the Doctor but he did not see the cause of the pain. After 2 weeks I was unable to walk. I went back to the Doctor to ask him to refer me for X rays.

Then on 3rd November I was admitted to hospital and they found I was diabetic and my sugar level was high. I asked the doctor to do the X ray, but there was a conflict. The other doctor said there was no need for that, but at the end they agreed. The X rays showed there was an abscess which started under the foot, up to the ankle and the y needed to operate. The other doctor refused. By that time, I was in a terrible situation and was thinking that I will not make it because there was no hope. At last I had an operation on Saturday. On Monday

they removed the dressing. I was so shocked, because I had not seen a wound like that. I was so huge and deep if I checked, I nearly saw the bone. It was shocking and I asked the doctors if it is possible for such a wound to heal. They said they were not sure because I am diabetic and if it did not heal, they would have to amputate because the wound had a lot of pus. But there was a doctor who had the idea of putting my foot in a vacuum machine which would drain the pus in the wound and it was not easy for them to clean the wound because of the muscle and bone which were visible. By that time the pain was unbearable and I was crying day and night because everything was falling apart; the vacuum machine failed to work- and the doctors were complaining about the cost of the machine and they took me off the machine.

That time God showed me that He is great and He has every power and every tool to heal in any situation. The prayers were coming from all over, but I won't lie- I was losing hope but I tried to be strong for my family,



Stdu and Magugu drumming

friends and colleagues and relatives. On 22nd November I was discharged as the wound showed that it was healing. Since then, I go for check-ups. I'm recovering now, even though it's still sore, but now I can walk with one crutch and I can take a few steps without support. I do attend the gym with the physiotherapist's help. I would like to thank God for giving me a second chance in life and I wish to serve Him and share the love HE has shown me through other people. I still pray for proper healing so I will be able to work and help those in need and always praise Him.

**You and
Phakamisa
can help to make
life worth living.**



What Zola gets up to!

My name is Zola Masikane. I am the Cooking Trainer and the Caregiver monitor for the area north of Durban. As the monitor, I visit the caregiver groups to make sure the group leaders are teaching their groups gardening, cooking, parenting, home based care, or beadwork as they learnt in their workshops. I help if there are problems in understanding the lessons. I also visit homes, should there be a sick person, needy children in terms of schooling,

for some are kept at home when they are physically challenged, older people in need of facilities like wheel chairs and even food, for though they get a pension, they stretch it to support orphaned grand children and their own children who are unemployed.

As the cooking trainer I train 6 groups of Caregivers in healthy cooking methods- especially including vegetables in each recipe; the Tholuthando group, which is the HIV AIDS Sup-

port Group in nutritious immune boosting meals; The Educare cooks, who are cooks from the Educare Centres (crèches) in meals suitable for growing children and a special Economic Empowerment course for Caregivers who are trained to cook and bake for profit.



Vegetable Soya—Affordable Nutritious Protein—by Isaac Chatapura

Soya is a fairly new crop in South Africa. But vegetable soya has been grown in China for centuries. It has 40% crude protein, surpassing any other vegetable or animal protein known in science. Growing and feeding families on vegetable soya (edaname) is the answer to malnutrition in under privileged communities. Phakamisa has grown 0,5 ha with seed donated by Partner Farmer organization. The crop is popular with our care givers whose

families enjoy eating it raw or in various soya recipes. We have encouraged gardeners to save their own seed for next season. Phakamisa has requested them for seed donations for our seed bank.



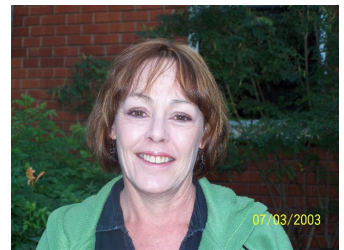
Isaac in the soya garden

Marketing surplus soya is also important to our gardeners. Partner Farmers have tested the green market on our behalf by selling 700 kgs at average price of R10/kg. Phakamisa contributed 20 kgs of that quantity. We will encourage gardeners to grow more soya for income as well.

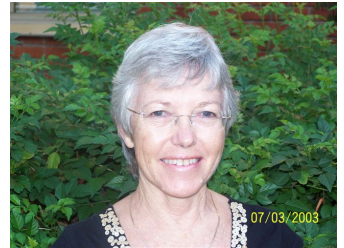
The future of edaname in South Africa is very bright with unlimited market. More good quality soya seed will ensure a bigger crop next season.

Phakamisa Pietermaritzburg by Cathy Ferguson

In February we introduced Pietermaritzburg to Phakamisa! Cathy and Elaine travel up once a fortnight to train both a Child Minders and Educare group. There are 30 ladies being trained altogether. They are hugely excited as they have not been able to receive this kind of practical, hands-on training in their area before. One of our monitors is assisting them presently and we are hoping to iden-



Cathy Ferguson



Elaine Green

Nyangwini/Phakamisa South. By Elaine Green.

In response to a request from Kathy Marsden from Hibberdene, we have started a Childminder's Course being run concurrently with the Educare Course at Nyangwini Methodist Church.

Twice a month Cathy Ferguson and I travel down the south coast to Nyangwini and train ladies from the area. There are 12 ladies in the Childminder's group and 19 doing Educare. The atmosphere in these courses is definitely more relaxed as most of the people attending come from more rural areas than those living in the greater Pinetown area.

It is gratifying to see how much these ladies enjoy the workshops and very humbling when you realise the enormous distances some of them travel in order to attend. The actual venue has its own challenges as we are not guaranteed water or electricity. Fairly regularly the water is off when we get down there and we have to rely on the organiser bringing in many 5 litre bottles of water to flush toilets, make tea, etc. It is amazing to see how well the people in these areas cope with their difficult situations – all with a smile on their faces!

If you would like to contribute towards the work of Phakamisa the following details will be helpful:

PMCMA-Phakamisa

Nedbank Pinetown
Account number: 1339476711
Branch code: 133926
Swift code: NEDSZAJJ

Pinetown Methodist Church Mission Trust

Nedbank Pinetown
Account number: 1339445093
Branch code: 133926
Swift code: NEDSZAJJ

GBGM - Advance Numbers

Phakamisa: #180683-5 (UMCOR) +
14154A (W.T.)

U.K. Bank details:

Pinetown Methodist Church Mission Trust (U.K.)

Bank of Scotland
Sort code: 80-02-24
Account number: 06004775
Please inform Bob Mawer of your donation on:
Robert.mawer@which.net

Support Phakamisa by regular donations by Standing Orders

Phakamisa Partnership

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Sort code: 80-11-00
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Please inform Ian Edwards of your standing order details on
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