

Needs list - September 2017

Thank you for your interest in iThemba Lethu to help supply some of our current consumable needs for our:

- **HIV Prevention Programme** – in 2017 we have 2,000 school learners/youth in grade 5 – 9 on our 5 year Behavioural Change Intervention and as many parents/caregivers in the community of Cato Manor
- **Family Integration Programme** – we currently have 12 orphaned & vulnerable children (OVC) in our two transition homes (8 babies and 4 older children aged 4 – 6 years old)
- **Breastmilk Bank** – the promotion and collection of donated breastmilk to nourish the OVC babies in the transition homes

HIV Prevention Programme (2,000 school learners aged 10 – 18 years old and their families)

We host afternoon Youth Clubs (weekly), Bi Annual Holiday Clubs (July/December 2017) and monthly Parent Workshops and the immediate needs are

Afternoon Youth Clubs

- 1.5l cordial juices x 24 per month
- Topper Biscuits x 54 boxes per month
- Energy/chocolate bars for afternoon Youth Clubs x 500 per week

Family Integration Programme (4 children and 8 babies)

Nappies

- Pampers or Huggies size 2, 3 or 4
- Wet wipes

Groceries

- Frozen food: fish, fish cakes/fingers, chicken fillets, chicken nuggets/patties, viennas, mini sausages, beef burgers
- Readymade meals: Macaroni Cheese, Lasagne, Chicken & Broccoli Bake, Chicken a la King, Stew, Fish Pie
- Tinned food: tuna, bully beef
- Cereal: Jungle Oats, Futurelife for children
- Porridge: Jungle Oats, Maltabella, Mealie Meal
- Snacks: Raisins, dried apples, prunes, peanuts and raisins, biltong sticks, mini cheddars, Cracker Bread, Provita, Rice Cakes
- Spreads: Jam, peanut butter, hummus, pesto, Melrose Cheese spread
- Staples: Rice, brown sugar, pasta, long life milk, oil, lasagne sheets

- Treats: Milo, Nesquik, Ultramel Custard and ice creams/lollies, marshmallows

Furniture/equipment

- 1 x portable CD/Radio player
- 2 x DVD players

Administration Office (Manor Gardens)

- New office blinds
- Converting the single garage into a Boardroom facility

Maintenance

- We have various maintenance needs all the time from wood borer, to security needs, removal of rubble and always need helping DIY hands to fix and repair the homes/grounds

Finances

If you are in a position to support us financially there are various options:

1. Make a once off/monthly donation Nedbank Cheque Acct: 1301 240 958 (Sort code 130 126)
2. Sign a monthly direct debit pledge – please email lizell@ithembalethu.org.za and she will assist you
3. Select us as your nominated Corporate Social Investment (CSI/SED) Programmes
4. Host a fundraiser and select us as your beneficiary
5. Donate to us via [Paypal](#) (US\$ only)

If you need more information or a proposal please contact me as below.

Many thanks and kind regards,

Karen

Karen Brokensha

Marketing and Fundraising Co-ordinator

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