

Needs list - July 2018

Thank you for being intentional about your act of giving. There are so many practical ways to partner with iThemba Lethu to benefit the vulnerable children, youth and families amongst us. For your ease of reference, below is a list of our current needs and would be so wonderful if you could pop any of the following in your shopping trolley and then bring it to us at:

iThemba Lethu

[26 Archer Crescent, Manor Gardens, Durban](#)

Tel: 031 261 7723

Please liaise with Jennifer Jansen van Rensburg (Homes Team Leader) info@ithembalethu.org.za or Karen Brokensha (Marketing and Fundraising Co-ordinator) karen@ithembalethu.org.za to arrange a time for delivery.

Accountability and gratitude are very important to us, so please don't arrive without making prior arrangements for us to receive your donation and in order to acknowledge your gifts!

For the 6 children in the transition homes

Medicine & toiletries

Nappies size 1, 2, 4+ and 5 Huggies/Pampers

Baby wipes

Baby Wash Top to Toe

Fragrance disposable Nappy Bags

Baby Panado/Calpol/Neurophen/Benelin/Prospan

Cough mixture

Vitamins

Allergex

Mozzie cream for babies

Bottle brushes with sponge on top

Children's toothpaste

Toilet Paper and Tissues (box and pocket)

Homeware

Hand blender

Single or ¾ bed for one night Caregivers

Groceries

Frozen food - fish, fish fingers, smackeros chicken fillets, chicken nuggets/patties, viennas, mini cocktail pork sausages, beef burgers

Tinned food – tuna, pilchards, bully beef, tomato and onion, whole peeled tomatoes, baked beans
Cereal - Futurelife for children, Cornflakes, Rice Crispies, Nutrifix and Pronutro
Porridge – Maltabella, Oats
Snacks – Peanuts and Raisins, pretzel mix, dried apples, prunes, peanuts and raisins, biltong sticks, mini cheddars, Cracker Bread, Provita,
Spreads - Jam, peanut butter, Melrose Cheese spread, sandwich spread, Fishpaste
Staples - Rice, brown and white sugar, pasta, oil, long life milk, Coffee, Tea (Five Roses/Rooibos)
Treats - Milo, Nesquik, Ultramel Custard, ice creams/lollies, marshmallows, jelly, Marie and Tennis biscuits

Detergents

Domestos and Handy Andy

Sunlight Liquid and Sunlight Washing Powder

Pinegel

Doom

Ready-made meals for 6 adults and 10 children

Chicken a la King, Macaroni Cheese, Spaghetti Bolognese, Lasagne, Stroganoff, Cottage Pie, Bangers and Mash, Fish Pie

Saturday night outdoor play

Braai packs and Boerewors/Pork Sausages
Charcoal/firelighters

Furniture

32l Microwave for House 26
Garden furniture per images below

Outings

If you would like to sponsor an outing for 2 children and 2 caregivers to the any of the following that would be awesome:

- Movies
- uShaka
- Spur
- Picnic in the Park/Ice creams at People's Park
- Lucky Bean etc/
- Animal Flag Farm



#MANDELA DAY



Wednesday 18 July 2018

We would be so grateful to have your help with these DIY Projects

- **Legacy Wall** - Put the 100 x baby picture wooden blocks onto the dining room walls
- **Sensory Garden** - Buy the plants, pebbles and pots to install a garden for the children in the transition homes
- **Décor** - Up-cycle 2 x children bedrooms (paint 2 x rooms light grey, 10 x white A4/A3 frames for their artwork, fix blue wooden chest of drawers, paint other blue wooden chest of drawers in white or dark grey, buy 1 x set new pink curtains, buy 1 x 1m grey blind and install)
- **Outside office** - Replace retractable awning (3m x 4m) for the outside meeting space, paint 2 x tables and provide 8 garden chairs

For the youth and parents in the community

Schools Programme

The youth do afternoon Youth Clubs for approx **750 x Grade 5 – 9 learners** each week and we provide

- Biscuits (Toppers)
- Juice (Oros/Daly's)

And every second month we do a Parent Workshop for approx **200 x parents/caregivers** and we provide

- Curry and Rice
- Breyani
- Hot Dogs
- Boerwors Rolls
- Chicken Rolls
- Fruit
- Cooldrinks

Equipment

We also needing 1 x 20" flat screen for one of the office computers

Financial

If you are also in a position to make a once or regular financial contribution, herewith various options:

Fees and Activities – two of the older children go to pre and primary school and would like to keep doing their extra mural activities, so if you are in a position to sponsor R250 per month that would be wonderful thank you!

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 Veronica Meier on accounts@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) or [Zapper](#)

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

Many thanks,

Karen Brokensha

Marketing & Fundraising Co-ordinator

#iamthestoryteller

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<http://www.ithembalethu.org.za/how-you-can-help/>