



Empowering survivors of

Rape and Abuse

NEWSLETTER – JUNE 2014

Hi everyone

It has been quite some time since our last newsletter. A lot has happened over the last few months and we would like to share the info with you.


As we rely heavily on the support of our community we ask that you please forward our newsletter to your networks so that we can inform as many people as possible of our projects.

For more info on our organisation please view our website: www.epicfoundation.org.za

Our Vision - Empowering survivors of rape and abuse.

Our Mission - We live in a society where people often find themselves in difficulty due to trauma, crime, unemployment and other circumstances beyond their control. Everyone has the right to be given assistance to help work through these hard times and to be empowered to uplift their lives. It is our mission to put projects and tools in place to make this possible for men, women and children.

Our Projects

 <p>THE COMFORT PACK PROJECT</p> <p>Aimed at survivors of rape and abuse (women, men and children). These packs contain essential toiletry items to assist during the initial reporting phase at the police stations. These packs are given to Victim Empowerment Centres who deal with police stations. For this project we are asking for donations of the toiletry and other items required together with unused handbags and drawstring bags. Packs are also provided to women and children entering shelters and other organisations. Full lists of the content items are available on our website.</p>	 <p>THE STEP UP PROJECT</p> <p>Aimed at women in shelters. Normally shelters only house women for 3 to 6 months. Some of them do not have jobs or places to stay. Our aim is to find second phase homes and then assist with skills development programs to empower them to find work to support themselves when they exit the shelter system. For this project we are asking companies to sponsor training, help with suitable employment opportunities or sponsor entrepreneurs with small businesses (and earn points towards BEE status)</p>	 <p>THE FAIRY GODMOTHER PROJECT</p> <p>Aimed at girls (and where possible boys) in their matric year who would not have been able to attend their matric farewell as they do not have the financial means to afford the outfit. For this project we are asking for donations of evening dresses, cocktail dresses, matric farewell dresses, suits for the guys, evening accessories such as shoes, bags, jewellery, etc. This will allow us to supply a full outfit to enable the girl/boy to experience that special event.</p>
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Other services: motivational talks (My Story), education and awareness campaigns, referrals for: self-protection classes, counselling and support groups, legal advice and court preparations

We do also request financial donations to enable us to run these projects. Donations can be paid into the following account and proof of payments e-mailed to info@epicfoundation.org.za

NAME OF ACCOUNT: EPIC Foundation **BANK:** First National Bank **BRANCH CODE:** 250655
ACCOUNT TYPE: Business Account **BRANCH NAME:** Alberton Boulevard **ACCOUNT NR:** 62413013484

For more info:	Contact person:	Alta McMaster
	Cell number:	082 940 6230
	E-mail:	info@epicfoundation.org.za
	Website:	www.epicfoundation.org.za

Our New Home



We have struggled for a while to find suitable premises to work from but are glad to announce that we have moved into our new offices during June. We have a 162 square metre office where we can comfortably run all our projects from.

Our new home is in Unit D10, Supreme Industrial Park, Corner Heidelberg Road and Southern Klipriviersberg Roads in Steeledale. We are extremely grateful to the landlords, Fountainhead Property Trust, for charging us a very reasonable rental amount.

Opportunities to do volunteer work

If you would like to become involved with volunteer work for the EPIC Foundation, please visit our website where you can obtain a volunteer application form. Complete and e-mail to me at info@epicfoundation.org.za. We need volunteers for:

- packing days
- sorting days,
- helping with deliveries of bags to crisis centres,
- collection of donations where people are not able to get to us
- counselling services by anyone who is fully qualified and registered and would like to offer their time
- providing training to shelter ladies as part of our skills development programme – including computer skills training in our EPIC office
- fitting days for Fairy Godmother project
- any other service you might be able to assist with

Please also keep a look out on the website for Legacy Lifestyle's Blow the Whistle Campaign www.whistle.co.za. They will be adding the EPIC Foundation on their Key Partner page for anyone wanting to do volunteer work.



**BLOW THE
WHISTLE**

A LEGACY LIFESTYLE INITIATIVE



Our new Ambassador to the EPIC Foundation

The very talented singer/songwriter **Natalie Chapman** embarked on her 90 Days, 90 Towns, 90 Gigs tour on 30 January 2014. Her aim was to speak out against violent and sexual crimes against women in our country. Natalie also promoted the EPIC Foundation and the project we run throughout the whole country.

As stated in the Rolling Stones Magazine: “Said Chapman: “As a musician, I can contribute my voice to the pursuit of a South Africa where women, men and children can pursue their dreams without the threat of violence. Where perpetrators are brought to justice and victims are treated with kindness and support.”

Natalie is now proudly an Ambassador of the Foundation as well as one of our Board Members. We are extremely proud to have Natalie as part of the EPIC Family.



Please look out for her gigs and her next tour, which she has already started planning!

EPIC Foundation receives epic award

On 27 May, Thaba Ya Batswana hosted their annual Mountain Tea, where they also rewarded the EPIC Foundation with the Community Award.

The founder of the EPIC Foundation, Alta McMaster, explained that they help people that find themselves in any crisis. "We want to help rape victims and people in shelters, we even help young girls, who can't afford dresses for their matric farewell," she said.



HUMBLENESS: Reuben Louw, Co-owner at Thaba Ya Batswana, with Alta McMaster, founder of the EPIC Foundation.

Community Service Award

We were very honoured to be presented with a Community Service Award by Thaba Ya Batswana for the work we are doing in the community. We thank Thaba for giving us this recognition.

A special thanks to:

A very special thank you to the following organisations that assisted us:

- Elliot Mobility – for assisting with the collection and storage of our belongings and for delivering to our new premises.
- Adcock Ingram – for generous donations of items as well as assisting us with the move into our new premises.



- PricewaterhouseCoopers – for making our Comfort Pack Project part of their CSR and for providing us with storage space as well as getting staff involved with packing days
- Jukskei Round Table – for donating 10 desktop PC's for us to enable us to set up a basic computer training section in our EPIC office
- Witfield Park Retirement Home and specifically Shirley who has been making draw string bags for us and the other ladies knitting teddies for us.
- Wool Centre in Boksburg for running a campaign for us to get knitted teddies
- Sanchi Leibach and her Art Centre for the amazing Art Auction fund raiser
- Edenvale Baptist Church for their amazing donation of packed bags!
- To all the other organisations who continuously support us:
 - Standard Bank
 - Sasol Polymers



The EPIC Foundation (Empowering People In Crisis)

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- Law Property
- UCS Solutions
- BDO
- Yale Security
- Independent Newspapers
- Thaba Ya Batswana in association with the High Tea Society
- SOJO Business and Tourism
- Barlowworld
- Alberton Lions
- Medscheme
- FF Décor
- Sharonlea Primary School
- Marvan Services
- Dariel Solutions
- Edenvale High School
- King Edward High School via KESCO
- Pretoria Boys High
- Dinwiddie Primary school
- Crown Relocations
- St Martin's Church
- Victory House Private School
- Warm the World
- Liberty Medical Scheme
- La Salon Leigh – who also supports the Fairy Godmother project with nails and make-up



Organisations we support with our projects

These are some of the centres we support with our projects:

- Childline
- Teddy Bear Clinic
- Women & Men Against Child Abuse
- Children's Sexual Assault Clinic on the East Rand
- OR Thambo Hospital
- Alpha Trauma Centre
- Lifeline
- POWA – East and Westrand
- Ithemba
- Gauteng Department of Community Safety which includes the Green Door Project
- Thuthuzela Care Centres in Natalspruit, Soweto, Mamelodi, Thembisa, Laudium, Lenasia
- Ikaya Lethemba
- Usindiso Ministries
- Daveyton Medico Legal
- Various smaller victim empowerment centres over the province who provides services to their local police stations
- Nisaa – Lenasia
- Amcare



Current needs of the EPIC Foundation

As we are paying rent at our new premises, we do need some financial contributions to assist with paying of water and electricity and other office running costs.

As always any donations of the items we use for the various projects will be appreciated – refer to the end of the newsletter for the lists of items used in our comfort packs.

We are also in need of the following:

- 10 x small training room tables for our computer training centre
- Screen and projector
- Heaters – as it is an industrial area, it is extremely cold – gas heaters would work best
- Fans – for summer time
- Vacuum cleaner for carpets in our training section
- Small bar fridge

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- Small microwave
- Very large plastic bins to keep the empty bags in before packing
- Fabric and wool for the Witfield Park Retirement Home to continue making draw string bags and teddies for us
- And of course... the items needed for our projects as per our website

If anyone can assist us with these items, please let us know.

Fund Raising Campaigns

Join our **People Making a Difference Campaign** and donate a month amount of your choice to help support a comfort pack per month for someone in need. Your monthly contribution can make a huge difference and have an impact on someone else's life. We will give recognition to each person who joins this campaign on our website. More communication about this will follow shortly.



Our Facebook page

Please also go "like" our Facebook Page: <https://www.facebook.com/theepicfoundation?ref=hl>

It is the goal of the EPIC Foundation to have the Comfort Pack Project and other initiatives functioning on an on-going basis in all the regions in South Africa to assist survivors where we can. Through these programs many lives have been touched and a real difference made.

With the help of the community we are in a position to continue making a difference. If you require more information about our Foundation, please let us know.

We hope for your continued support in the future

Best wishes

**ALTA MCMASTER
CEO**

- ***See details of the Comfort Pack Project on the next 2 pages.....***

DETAILS FOR COMFORT PACKS:

COMFORT PACK FOR WOMEN/MEN

<ul style="list-style-type: none"> • Face cloth • Panties (<i>small, med or large – no G-strings and no writing</i>) or Underpants for men • Sanitary towels • Soap (<i>preferably bars</i>) • Toothpaste and toothbrush • Shampoo (<i>travel size</i>) • Deodorant (<i>spray or roll on</i>) for women and men • Comb or brush • Hairclips and hairbands • Body lotion • Small notebook and pen • Tissues (<i>small packs, not big boxes</i>) 	<ul style="list-style-type: none"> • Sweet – energy sweet i.e. SuperC or Glucose (<i>no chocolates as these melt in the bags</i>) • Small bottled water • Lip balm or small Vaseline • Note - words of comfort/care • Bag - to place the above items in <p><i>No used items please.</i></p> <p><i>Additional items to be handed to the Centres: Tracksuit pants and T-shirts or gown and slippers or blankets with a small hand towel</i></p>
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KIDDI PACK (FOR WHEN THE CASE IS REPORTED)	COURT BAG
<ul style="list-style-type: none"> • A4 sized fabric drawstring bag or kiddie backpack • Surgical gloves and plasters • Panties/underpants (<i>from ages 2 to 12</i>) • Pack of tissues (<i>small packs</i>) • Wet wipes (<i>small packs</i>) • Soap (<i>preferably bars</i>) • Face cloth • Toothpaste and toothbrush • Hairbrush • Hairclips and hairbands (for girls) • Lip balm • Sanitary towels • Small brown paper bag • Small notebook and pen • Colouring pencils/crayons • Colouring in book • Cool-drink/small bottled water • Snacks - chips /sweets/biscuits • Teddy/soft toy 	<ul style="list-style-type: none"> • Kiddie backpack • Sweets biscuits dried fruit • Cool-drink/small bottled water • Plasters • Notebook and Pen • Colouring in pencils / crayons • Colouring in book • Activity toy to keep the child busy i.e. small set of leggo's, small puzzles, etc • Teddy/soft toy • Tissues and wet-wipes <p><i>Additional items to be handed to the Centres:</i></p> <ul style="list-style-type: none"> • <i>Kiddie tracksuits and blankets</i> • <i>Small hand towel</i>
SHELTER WELCOME PACK – WOMEN	SHELTER WELCOME PACK – CHILDREN
<ul style="list-style-type: none"> • Toothpaste and toothbrush • Shampoo and conditioner (large bottles) • Hair comb • Deodorant Spray and roll on • Body Lotion (large bottles) • Bubble Bath • Soap • Face cloth • Sanitary towels • Razor • Lip balm • Some cosmetics 	<ul style="list-style-type: none"> • Toothbrush and toothpaste • Baby Lotion • Baby Powder • Soap • Face Cloth • Nappies (if needed) • Any other baby products • Soft Toy