



NEWSLETTER – MAY 2015

Hi everyone

Time for an update on what we have been up to at the Epic Foundation. Thank you to each and every one for the support thus far. **We cannot do the work we do without the support of the organisations and individuals in our community.**

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

NEW DEVELOPMENTS

Netcare and the Epic Foundation



The Epic Foundation is proud to assist Netcare sexual assault centres over the entire South Africa, with comfort packs in an effort to assist survivors even further.

Netcare's 37 sexual assault centres, which are integrated into emergency departments at the group's hospitals, provide survivors with an invaluable service in a time of great need. This includes medical, emotional and psychological support, sanitary care and assistance with forensic and reporting aspects. Netcare respects the survivors' right to privacy and therefore maintain strict patient confidentiality. Netcare remains the only private healthcare provider in South Africa to provide this crucial service on a national and sustained basis, 24 hours a day, 365 days a year. Over 10 000 survivors were assisted at Netcare sexual assault centres between 2001 and 2013. Eighty percent of the survivors who received free treatment and support were not covered by medical aid and were without the means to pay.



To read further about the service provided by Netcare follow the link:

www.netcare.co.za/content/7722/sexual-violence-remains-a-scourge-in-south-african-society/

Introducing our Counsellor for the Epic Foundation – LIZETH KOTZE



We are proud and excited to announce that Lizeth has agreed to be the Counsellor for the Epic Foundation. I have asked her to tell us more about herself:

“At a very young age I fell victim to sexual abuse and today I can proudly call myself a ‘SURIVOR’ being happily married to the most wonderful husband and having a beautiful daughter of my own. It was a long and difficult road to get where I am today but I survived. I strongly believe that the road I had to follow shaped me into the person I am today. It gave me a better understanding of how people, who are going through difficult times, might feel and what the recovering process might be like for them. Without realizing it at first, I developed a natural ability to listen and to support others who experienced some form of trauma. Much later on in my life I realized that I should make a career out of helping people get through difficult times. That way I could assist others, contribute a meaningful service to the community, all while doing something I love.

I completed my degree in Psychology at the University of Pretoria. I then turned my focus towards counselling and achieved a Certificate in Trauma Debriefing and Counselling with distinction. Wanting to further my studies I completed an International Diploma in Counselling through Blackford in England with distinction.

Working as a teacher and Counselling Therapist at a remedial school I became aware of the daily academic struggles some children have to endure. Because of this I decided to qualify myself as an ILT Practitioner in order to assist children through therapy, to overcome the obstacles hindering them in their day to day studies. I completed my ILT studies through the Centre for Integrated Learning Therapy. Currently I am furthering my studies in the ILT field.

I have my own office where I practice Trauma Counselling as well as ILT to private clients. Currently I am also writing lifestyle articles for the TameTimes.

Empowerment Forum

With the help of Lizeth we will be setting up our Empowerment Forums for rape survivors. We want to move away from support groups and do something with more meaning and more structured to assist survivors. Our first sessions are aimed at female survivors of 19 years and older. We will start on 29 June 2015 from 06:30 – 07:30. Our sessions will be every Monday for 10 weeks at the same time at the Epic Foundation office in Steeledale. Anyone interested in joining us please email to us your name, contact number and contact email address to info@epicfoundation.org.za

Special thanks to the following for support to Epic:

- **Avon** – for agreeing to support us. The views and initiatives of Avon regarding rape and abuse of women are very much in line with ours and we are very excited about the connection with them.

AVON *Justine*

- **Amazing donation from Priscilla at Liberty Life** - Priscilla won an award at Liberty's Flame Awards and decided to donate an amazing of R100 000 towards the projects of the Epic Foundation. This is the largest donation received to date from an individual and we are extremely grateful to Priscilla for her support to our organisation.
- **Forever New** - supporting our Fairy Godmother Project this year. We have received absolutely stunning jewellery, shoes and evening bags towards the project already. These will really make the girls feel so special! We also thank the staff who contributes on a regular basis towards the content items for our comfort bags. You are an amazing group of people!
- **Woolworths** – through various branches of Woolworths and through their CSR they have donated over 500 fully packed bags to the Epic Foundation. Donations like these help us considerably. Donations are from various stores within the group.
- **Saheti Debs** – These young ladies, spent weeks planning their project of getting in donations of items and a pack day. They spent weekends at the doors of shops such as Pick & Pay and Spar handing out flyers and encouraging the community to donate items for the Comfort Pack Project. Also a big thank you to **Mario of the Spar in Kennilworth**, who agreed to sponsor all the items they were short on to fill their target number of bags. Their target was 500 bags, and they managed to get all of these done! So proud of this group for the hard work and dedication shown to the Epic Foundation.
- **O'Hagan's Rock Cottage Women's Club (Honeydew)** - Theresa, the owner, has been supporting Epic for some time now with some stunning donations of comfort bags and content items. Whenever we have a huge need, they always assist. On Saturday 25 April, Theresa arranged a stunning fund raising charity drive for us. It was such a pleasure seeing so many people getting involved and giving support to our cause. We are also looking forward to the Golf Day which will be arranged by their Old Boys club.
- **Alberton Lions** - these amazing guys have been supporting us from the start with financial donations, volunteering and many other forms of assistance. It is so nice to have continuous support from some groups. Thank you so much – it means the word to us.
- **Wits Medical School** – Aristides Nicolaidis – for the lovely donation of items for the comfort pack project and a cash donation of over R4000!
- **St Mary's school** – for a very kind donation of approximately 50 fully packed comfort bags. These bags were packed with absolute love and care by these girls.
- **Edenvale High School** – doing a raffle sale for us to assist us with the purchase of a projector for our training centre for our Step-Up Project
- **Platinum life** - for their stunning donation of items towards our comfort pack project as well as a very nice cash donation.
- **Adams and Adams** – a big thank you for the very kind donation of R10 000 during January this year.
- **Michelle Carpenter** – for over 50 pairs of shoes and various other items. Some will be used for our Fairy Godmother Project and the others have been handed out to shelters.
- **HR Intellect** - for the donation of a laptop to be used for admin work in the Epic office.
- **Supreme Industrial Park**– can you believe it We have been in our new premises for almost 1 year and time came to renew the lease for a further few years.
- **Cornelia Raath-Lotter** – via Ewald Haas for a stunning donation of 302 brand new Tomy shoes which we have started distributing to shelters.



- **Natalie Chapman** - we congratulate Natalie for having finished her 90 day tour on 27 April 2015. We would like to thank her for:
 - **R5860 donated to the Epic Foundation which is R20 for each CD sold during the 3 month tour – 293 CD's**
 - **R2500 paid in by the St Conrad's School which Natalie visited****We wish Natalie well with her future endeavours**

Thank you so much to all of you – we appreciate the support tremendously.

Beanie and Blankie initiative with Nickerboggerdoodlebug

We were approached by a very kind friend Candice Klein of Nickerboggerdoodlebug. Candice is one of those amazing people who are always getting involved with some initiative to help her community. We agreed to assist Candice with her Blankie and Beanie drive to help the less fortunate be warm this winter. It has been confirmed that this is going to be our coldest winter in a very long time. This means a lot more people will be suffering out there this winter. Please support us with this initiative. We are asking for financial donations so that we can buy blankets and beanies in bulk. Any other donations towards this project will also be accepted.



School Bag Project aimed for 2016 starting now – Waltons

For the last few years, the Epic Foundation has been asked to assist some schools with schoolbags and stationery. We decided to take this on as an “add on” project. For this project we are also asking for sponsorship from large corporates and individuals to assist us in getting as many bags and stationery into children’s hands for next year. Waltons have agreed to assist us with good prices and for putting the packs together this year. Last year PricewaterhouseCoopers and Computershare gave donations towards this project and we managed to get 335 bags done. This year we would like to put a challenge out to more corporates to help with this initiative. More info will be sent out shortly.

Volunteer Opportunities:

We are always in need of volunteers to assist with our projects. If anyone is interested, please complete the volunteer application form on our website and send it back to me. We can then discuss further how you can get involved with us.

One of our big needs with Volunteers at the moment is to get an office support team together. Although we do have a full time volunteer in the office, she is not always able to be there. As Alta needs to be out the office often visiting centres, doing motivational talks, etc we do need assistance in the office. We are ideally looking for 5 people who can work 1 day a week 8 – 4. Duties, will include: admin, receiving

donations and sorting of same, assisting with bag collections, assisting with fitting days for the Fairy Godmother project, etc.

Board of Directors for the Epic Foundation:

We have two openings for Board members: One to assist with Accounting and one to assist on the Legal side. If anyone is interested in joining our Board of Directors, please email your CV to me indicating which area you can contribute towards to info@epicfoundation.org.za

Our requirement is:

- That you attend all our Board meetings and if you are not able to that you send someone in your place (8 a year)
- Be available for any urgent meetings, or urgent discussions requiring Board member input.
- A commitment and passion for the projects and initiatives of the Epic Foundation and promoting these.
- Promotion of the organisation should in no way be linked to any personal or private objectives.

Needs of the Epic Foundation:

- **COMFORT PACK PROJECT:** We are looking for sponsors for bags we use as our current stock is busy running out. We would prefer new bags to used bags. All content items used for the project is always more than welcome – full lists available on our website.
- **FAIRY GODMOTHER PROJECT:** If you do know of any children in need of matric farewell outfits who do not have the financial means to obtain, please do refer them to us and we will assist. We are also in need of evening jewellery and bags. As we are trying to help the boys we are in serious need of suits for them.
- **TRANSPORT:** We have not been successful on various proposals to obtain a **sponsored car** for the Epic Foundation. Transport is a problem as we are unable to get to all the places where we need to – some centres we support also struggle with transport and cannot always get to us. We are asking for volunteers who could possibly assist with transport. In the event that anyone has a contact at a dealerships we can approach for assistance, please do let us know.
- **PREMISES:** Our premises where we are running our projects from are vital. As we do have a lease and we do pay a monthly rental we do require **funding to assist us with these payments**. We often get funding from corporates but are requested that we may not use this for transport, rental, etc., but only for our projects. It makes it very difficult for us to run projects without funding for transport and premises. We therefore do request funding specifically for these purposes.
- **STEP –UP PROJECT:** Our computer training centre for our Step-Up programme is in serious need of **desktop or laptop computers**. From the initial 10 we were donated, we only have 4 in working condition.
- **OTHER:** items we are in need of:
 - Small **bar fridge** for the office
 - Looking for someone who will assist or give us a good deal **on washing our carpets** in the Epic Office.