



*Empowering survivors of
Rape and Abuse*

NEWSLETTER – NOVEMBER 2014

Hi everyone

It has certainly been an exciting year, with lots of good things happening for the EPIC Foundation.

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 this purpose we have included our needs list in the newsletter.

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

NEW DEVELOPMENTS

Forever New – supporting our Fairy Godmother Project for 2015



Our big news is the announcement at a media event and the launch of the new range for Forever New, during November 2014, that they will be supporting our Fairy Godmother Project for 2015. This will mean a great deal to us.

We will be working with various organisations in 2015 to ensure that we assist as many girls as possible with their matric farewell outfits for 2015. One of these is the **Tomorrow Trust** which we are very excited about. As we need to help the little guys as well we are looking for an organisation who would like to come on board to sponsor outfits for them.

PricewaterhouseCoopers

We are now a client of PwC who will be assisting us with auditing, accounting, tax and company secretarial work. We are extremely grateful to PwC for this very kind gesture in helping us take care of the very important aspects of running and NPO.



PwC has also assisted us with our **BEE Certificate**, which we received at the beginning of November 2014. Any organisation that will be supporting us will be able to claim double points for their own BEE rating.

Thank you PwC for your support and assistance to enable us to continue doing the important work we are doing in the community.

Avon/Justine/Itemba Walkathon



We were invited as an NPO Partner to the Avon/Justine/Itemba Walkathon for breast cancer on 26 October. This gave us an opportunity to promote all our projects and initiatives. We would like to take this opportunity to thank the organisers for including us in this amazing event.



Meeting Alison Botha



Earlier this year, we hosted the Theatre production on Alison's story "I have a life" at the Theatre on the Square to help raise funds for the Epic Foundation.

It was an honour and privilege to meet Alison face to face. What an absolutely amazing lady she is and what a huge inspiration. There are a lot of survivors out there, but Alison's story probably touched all our lives at some point. Having met this amazing woman and seeing the lovely, genuine person she is was the highlight of my year. I look forward to seeing more of Allison next year. Make sure to look out for the documentary movie next year

Natalie Chapman – 90 days, 90 towns, (AND THIS TIME) 180 gigs!



**#90DAYS
#90TOWNS
#180GIGS**
28TH JANUARY - 27TH APRIL 2015
WWW.NATALIECHAPMAN.COM

Yes, Natalie is doing it again! This time she is putting an interesting twist in the tour in that she will be doing 180 gigs in the 90 days. Watch out for communication about her tour on her website. Natalie's purpose is to help speak out about violent crime against women, men and children and be to the voice for so many in our country.

She was voted Lead SA Hero for May 2014 for this tour she completed successfully at the beginning of 2014. **Please support her in this amazing tour for 2015**

PROJECT UPDATE

FAIRY GODMOTHER PROJECT

Our project started off a bit slow at the beginning of this year as we did not have premises to work from. We received fantastic donations of dresses during the year from all over. From August to date we have supplied 240 girls with dresses to enable them to attend their matric farewell (which included shoes, evening bag, jewellery and some make up). We also assisted 18 boys. We would have loved to assist more boys but did not receive enough donations for outfits for them. We are therefore looking for a men's clothing store to come on board, to help us with the outfits for them.

COMFORT PACK PROJECT

These bags are still vital to all the crisis centres in the province due to the huge impact on survivors and therefore the huge demand for these. We have added a few additional organisations to our list of recipients to receive these bags. We have received a wonderful donation of 2000 brand new beach bag for the project which helped us considerably. We are looking for companies to assist with the content items, who might have redundant stock, slightly damaged stock etc. still in good condition who can help us by donating these items to us..... and of course we would like to urge individuals to also assist with donations of these items where they can. **Our total distribution of comfort bags for the year is in the region of 6800.** This includes bags for when the case is reported for men, women and children; bags for women and children entering shelters; and a few ad hoc bags we did for old age homes and orphanages.

STEP-UP PROJECT

It is our aim to launch the Step Up Project in the new year when we will be starting with basic computer skills training. We will keep you updated with regards to progress on this project.

OTHER ASSISTANCE PROVIDED

- **We received sponsorship from Computershare and PricewaterhouseCoopers to enable us to provide 200 schoolbags with stationery for the Alex Kidz Clinic – so we will be adding a schoolbag project at the end of every year going forward to reach more children**
- Approximately 55 large bags of clothing have been provided to various centres.
- Food parcels for 7 families in need
- Special care packs to families who found themselves in difficulty – i.e. homes burned down, job loss, etc.
- A furniture donation received was used to help a shelter who was in dire need.

Comfort Pack Activities in other provinces

LOUIS TRICHARDT - Cherise Muller who is running the Epic Office in **Louis Trichardt** has been doing so well with the Comfort Pack Project – we are extremely proud of her. **WELL DONE CHERISE!**



Last week the Victim Centre for victims of rape and domestic violence at the Makhado Police station received a welcome donation of six handbags from the Epic Foundation's Comfort Pack Project. All the handbags contain donated necessities, such as clean underwear and other toiletries, that can be handed to victims reporting at the centre. Local project coordinator Cherise Müller handed over the bags and thanked her friend Maxie, who had helped with the donations. Receiving the handbags were, from left to right, Agnes Rerani (victim supporter), Stephinah Motau (project manager), Cherise and Caroline Mabogo (victim supporter).

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:

<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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
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A SPECIAL THANK YOU TO THE FOLLOWING ORGANISATIONS FOR THEIR SUPPORT:

<ul style="list-style-type: none">• Absa• Adcock Ingram• Alberton Lions• Barlow world• BDO• Computershare• Crown Relocations• Dariel Solutions• Dinwiddie Primary school• Dischem via UCS Solutions• Edenvale High School• Elliott Mobility• FF Décor• Hyprop• Independent Newspapers• King Edward High School via KESCO• La Salon Leigh• Law Property	<ul style="list-style-type: none">• Liberty-Disbursements/Shared Operations Group Process & Tecnology• Liberty-Medical Scheme• Lightworkers• Medscheme• O'Hagans Rock Cottage Women's Club• Pretoria Boys High• PricewaterhouseCoopers• Pick & Pay Pharmacies• Sasol Polymers• Sharonlea Primary School• St Martin's Church• Standard Bank• Thaba Ya Batswana• The House of Busby - Forever New• UCS Solutions• Victory House Private School• Warm the World• World Leisure Holidays
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ORGANISATIONS THE EPIC FOUNDATION 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 – Johannesburg, who looks after 17 police stations and there VEC's in Johannesburg CBD and Soweto
- Lifeline- Vaal
- POWA – East and Westrand
- Ithemba – East Rand
- Gauteng Department of Community Safety for their various women's shelters and victim empowerment centres. Also included is assistance to their Green Door Project (Safe House Project)
- Thuthuzela Care Centres in Natalspruit, Soweto, Mamelodi, Thembisa, Laudium, Lenasia, Kopanong and Hammaskraal
- Ikaya Lethemba

- Msindiso Ministries
- Compass – Community Provision and Social Services
- Daveyton Medico Legal
- Various smaller victim empowerment centres over the province who provides services to their local police stations
- Nisaa – Lenasia
- Carletonville Women’s Shelter
- Amcare
- Various VEC’s over the province – Vosloorus, Katlehong, Thokoza, Germiston, Linden,
- Various schools over the entire Gauteng Province for our Fairy Godmother Project

We also support the following organisations in other provinces:

- Rape Crisis – Cape Town
- Open Door – Durban
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OUR NEEDS LIST FOR OUR PROJECTS

 <p>THE COMFORT PACK PROJECT</p> <p><i>For survivors of rape and abuse to be used at the initial reporting phase at police stations. Also for women and children arriving at shelters.</i></p> <p>We need the following:</p> <ul style="list-style-type: none"> • Body lotion • Bottled water • Brown paper bags • Chips/snacks • Colouring in books • Colouring in crayons/pencils • Cool drink • Deodorant • Face cloth • Hair comb/brush • Hair elastics and clips • Lip balm • Pen/pencil • Plasters • Sanitary towels • Shampoo • Small notebook • Soap • Soft toys • Surgical gloves • Sweets • Tissues • Toothbrush • Toothpaste • Underwear for women, men and children • Vaseline • Wet wipes 	 <p>THE STEP UP PROJECT</p> <p><i>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 assist with skills development programs to empower them to find work to support themselves,</i></p> <p>For this project we need:</p> <ul style="list-style-type: none"> • Companies to sponsor training, help with suitable employment opportunities or sponsor entrepreneurs with small businesses (and earn points towards BEE status) • We also need volunteers who will spend time with training these ladies in the EPIC office. We are setting up a computer training centre and aim to provide basic computer skills training. Any individual who might be able to give any other training which could benefit these ladies we would also welcome. • At the moment we are also in need of someone to assist with putting up shelving to enable us to set up our computers. • More computers will also be welcome. 	 <p>THE FAIRY GODMOTHER PROJECT</p> <p><i>Aimed at girls and boys in their matric year that would not have been able to attend their matric farewell as they do not have the financial means to afford the outfit.</i></p> <p>For this project we are asking for donations of:</p> <ul style="list-style-type: none"> • Evening, cocktail or matric farewell dresses • Evening bags • Evening shoes • Evening accessories • Some cosmetics (eye shadow, mascara, eye liner, lip gloss, nail varnish, perfume, etc.) • Suits for the boys • Shirts • Ties • Shoes <p>(Our urgent need at the moment is for outfits for the boys, larger size r dresses for the girls, evening bags, jewellery and cosmetics)</p>
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We are also in urgent need of either sponsorship of a vehicle or a good deal to purchase a vehicle. The car I am currently using is 19 years old with 413 000 kms on the clock and no longer reliable.

OTHER NEEDS:

As we are paying rent and utilities at our new premises, so we do need some financial contributions to assist with these cost as well as general office running costs.

We are also in need of:

- 10 x small training room tables for our computer training centre (or someone who can sponsor shelving around the walls for the training room). We have some metal tables which we will use in the meantime.
- Screen and projector
- Heaters – as it is an industrial area, it is extremely cold in the winter months – gas heaters would work best
- Small bar fridge
- Fabric and wool, as we have several old age homes making draw string bags and knitting teddies for us.

Anyone wanting to make financial donation account details below 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 FACEBOOK PAGE

Please “like” our Facebook Page: <https://www.facebook.com/theepicfoundation?ref=hl>

OUR MESSAGE TO YOU

It is the goal of the EPIC Foundation to have our projects and 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. The help of the community and large organisations enables us to remain in a position where we can continue to make a difference. If you require more information about our Foundation, please let us know.

FROM EVERYONE AT THE EPIC FOUNDATION, WE WISH YOU A BLESSED FESTIVE SEASON AND AN ABSUTELY AMAZING 2015



We hope for your continued support in the New Year

Best wishes

A handwritten signature in black ink, appearing to read 'Alta McMaster'.

ALTA MCMASTER
CEO