

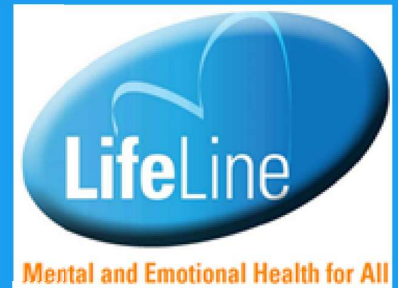
NEWSLETTER

NPO NUMBER: 002-571 NPO

PBO NUMBER: 930060252

APRIL | MAY | JUNE 2025

ISSUE 11



The LifeLine South Africa Exhibitor is seen chatting to a learner during a GBV event at TVET College.

ABOUT LIFELINE

INTRODUCTION AND ORGANIZATION HISTORY

LifeLine was founded in 1963 in Australia by Reverend Dr. Allen Walker. Its first Centre in South Africa was established at Cape Town in 1968 by Bishop Peter Storey. LifeLine operates in 7 of the 9 Provinces of South Africa and is the member of LifeLine International.

KEY HISTORICAL HIGHLIGHTS

LifeLine has been a key figure in reshaping the history of South Africa when it was needed most. There are important events worth to be mentioned to demonstrate the role of LifeLine during the times of hardships. LifeLine:

- Provided counsellors to the victims testifying at the hearings of the Truth and Reconciliation Commission (TRC).
- Became a sanctuary for people who were living or affected by HIV during the devastating era of the epidemic by being offered to run the AIDS Helpline to provide psychosocial support service by government.
- Called to action during the COVID-19 Lockdown to attend to COVID-19 related services.

ORGANISATIONAL OWNERSHIP AND LEGAL STATUS

LifeLine South Africa is a Non-Profit organization registered with the National Department of Social Development. The registration number for the organization is 002-571NPO. In addition to that, LifeLine South Africa is registered with the South Africa Receiver of Revenue (SARS) as a Public Benefit Organization (PBO) with the following PBO Number: 930060252.

At the governance level, the organization is led by the National Board of Directors that provides the overall strategic visioning and guidance about what the organization should do. LifeLine South Africa at the management level is led by the Executive National Director: Mr. Molefi Jeremiah Takalo who is supported by the senior, middle and junior management services to run the daily affairs of the organization.

VISION

A Mentally and Emotionally Healthy South Africa.

MISSION

To offer mental and emotional health services within the culture of Human Rights, through preventative and responsive programs.

VALUES

• Integrity: We believe in the value of Mental and Emotional Health; and we practice what we preach by seeking ways to pursue it for ourselves as well as others.

• Diversity: We deeply respect and value the differences in people, culture and believe that Mental and Emotional Health is a universal human need.

LIFELINE AFFILIATES

- LifeLine International
- Society of AIDS in Africa (ICASA)
- Amnesty International
- International Federation of telephone Emergency services
- International Association of Suicide Prevention



OUR LIFELINE TEAM



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THE NATIONAL DIRECTOR'S CORNER



Mr Molefi Jeremiah Takalo: Executive National Director, LifeLine South Africa

The LifeLine South Africa National Organization is recognized as a major player within the international LifeLine movement, with its participation acknowledged by the global organization's CEO.

LifeLine South Africa participated in the most recent LifeLine International general assembly, where the current board was elected.

The International Organization ensures the effectiveness of the All Africa structure, a consistent regional body since a meeting in Windhoek, Namibia.

The International Organization used its influence to bring the Africa Centers for Disease Control and Prevention (Africa CDC) on board. This collaboration has fostered an "inspiring community of Crisis Helplines" in Africa, focused on crisis support and suicide prevention.

By addressing this global challenges requires cooperation and joining hands, as "no one organization can do it alone".

Furthermore, the growth and expansion of the All-Africa LifeLine and its

partnerships has expanded its networks to include the new LifeLine affiliates in Malawi and Uganda. The Kenya Red Cross Society has also joined the LifeLine International network in Africa.

This initiative was kick started by both LifeLine South Africa and The South African Red Cross Society. Later on, the LifeLine International CEO went on to forge a global partnership with the International Federation of the Red Cross and Red Crescent Movement in Geneva (Switzerland).

The LifeLine South Africa is leading the way globally in terms of ensuring that the Global Movement is playing its role throughout the world, with the specific focus in Africa by making contributions towards the vast improvements of the footprints and widening the membership base through the establishment of the Physical Points of Presence.

The global movement can proudly announce one of the greatest milestones of all time by reaching an

all-time high membership number of twenty-nine (29) members globally and still counting, the immediate target by the LifeLine International CEO is reach at least forty (40) members short term. The LifeLine International has seen much increase coming from Africa in particular with the independent organizations such as Befrienders Kenya signing up together with the Kenya red Cross as indicated earlier, further to that is the presence of LifeLine in countries such as Uganda, Malawi and Nigeria respectively. Kenya will be hosting the Mental Health Conference in October and LifeLine International is invited to come and form part. The organization is further providing financial assistance too.

The LifeLine International All-in meeting was held with the sole purpose of exploring the future of Artificial Intelligence within the Crisis Support Services. This is to make available the crisis services to anyone in dire need of such, furthermore to work on the accessibility strategies for the victims and survivors for easy access. The meeting went on very well and highly successful with concrete contributions made and life changing decisions arrived at.

LifeLine International continues to support the trauma and crisis line initiatives implemented by LifeLine South Africa. The investment of the mother body to the initiatives implemented by LLSA is a confidence booster that the organisation has not deviated from its original purpose, that of fighting the increase of suicide incidents in member countries.

Funders Oversight Visitations

Different funders have conducted site visits to ascertain the existence of the different projects that they are presently funding. National Lotteries Commission, National Department of Social Development, Gauteng

Department of Social Development and Gauteng Department of Health.

These entities have shown some level of satisfaction in the manner that LLSA has conformed to the requirements of funding. Therefore, LLSA is looking forward to their next visit in the following and subsequent quarters for the financial year 2025-2026.

Performance Planning and Reporting Processes

The 1st implementation cycle of the Employee Performance Development and Management System has been concluded. Lessons have been drawn from its implementation and it is hoped that the final report which will be compiled after the Quality Assurance sittings will shed more light on where improvements need to be made. For now, what the organization can commonly agree about, is that the process has started and its gradually demonstrates the alignment between the organizational and employee performance. There is comfort within the organization that, there is some greater level of individual employees' performance and that of the organization. The organization can proudly report that compliance is the order of the day and no one is exempted from it.

LifeLine South Africa is now in its 3rd year of its implementation of the Customized Planning, Monitoring and Evaluation Framework. During this quarter, the Operational Plan 2025-2026, Annual Target Framework 2025-2026 and the Technical Description document were finalized. This ultimately led to the development of the Reporting Template which will be used to measure the performance against the planned indicators and the targets. The organization by committing to this strategic approach, put itself amongst the best of the best in the sector as an organization to be reckoned with if the funders what to see value for money, effectiveness and efficiency.

Communications reflections

The capturing and narration of stories or activities continue to be captured through the Newsletter. During this quarter, Issue 10 has been produced and published through the website and the social medial platforms. We can only hope that the readers will enjoy reading this piece of art produced by LifeLine South Africa. We therefore, encourage everyone to share it widely to reach the furthest points of our beloved country and beyond the borders. Our aspiration is to draw corporate who may be willing to advertise their products and services through this initiative. We can only hope and not despair that it will happen in the near future.

Partnerships and Stakeholder Networks

A learning organization is a growing organization. LifeLine South Africa continues to expose its staff members to capacity building activities. This is shaped through strategic meetings and workshops among others. during this time, both Messiers Molefi Takalo and Makhetha Thabana attended the National Development Agency (NDA) Turnaround Strategy Session held at Anew Hotel and Convention Centre, 1 Country Street, Lakefield, Benoni from the 08-09 May 2025. The aim of the session was to reposition NDA and make it a more developmental and responsive organization of note which seeks to live to its mandate as mentioned in National Development Agency Act of grant funding as its key deliverable. Over and above this, the Professional Services Unit, organized a successful wellness event to empower the staff to be able to deal with their inner fears and find meaning and purpose in life. Notable speakers were invited to grace the occasion, to mention one, Dr Barbara Johnson (Hon), an ASCHP – Specialist

Platforms

Wellness Counsellor, Logo therapist, Attunement Practitioner. The management at LifeLine South Africa can only hope that our staff has drawn both personal and professional lessons from this encounter.

Outreach Programmes

LifeLine South Africa participated in its 3rd year officially manning the water point at Inchanga during the Comrade Marathon 2025 on the 08 June 2025. This internationally acclaimed event showcases the brand LifeLine to the multitudes of runners, corporates and the general public that it exists and provides mental and emotional health services to all. The event also cements the relationship between different stakeholders and role players as it has been demonstrated during the planning and the implementation of the water point activities. We can only thank the contributions of the National Department of Health and the South African Red Cross Society to have supported this LifeLine initiative to be what it has been on the day of the race.

The partnership between The South African Red Cross Society and LifeLine South Africa is growing from strength to strength. This was demonstrated during the even mentioned above where planning took place collaboratively. The two organizations are showing some elements of commitment to the partnership which has grown beyond just the MOU which was agreed upon. The partnership is that of complementarity and not of rivalry. There can never be any level of competition amongst the organizations that are likeminded with the sole purpose of transformation of people's lives. It can only be hoped that other organizations that are being approached for this purpose can really see that if agreeable, that a lot can be achieved.

The office of the Executive National Director has been able to achieve its

performance targets; this is seen in the manner in which the activities are being coordinated. The most important activities include amongst many the following: Annual General Meetings, National council Meeting, Quarterly Board meetings, Quarterly Performance Planning and Reporting, Quarterly Staff Meeting, Management and Extended Management Meetings.

LifeLine South Africa continues to be the most trusted organization in the space of Mental and Emotional Health, and this is achieved through the well-established systems which have been adhered to.

"Start your Treatment Today to Suppress your Viral Load to a point of being Undetectable and Reduce Transmission..."

- **Viral Load:** Amount of HIV in the blood.
- **Undetectable:** Viral load less of equal to 50 copies/ml. Not detected by viral tests. Zero risk of transmission to sexual partner(s).
- **Untransmittable:** When undetected viral load prevents the sexual transmission of HIV.

CLOSE the GAP
Start and Stay on HIV Treatment

For more information and counselling... (24/7)

National AIDS Helpline
0800 012 322 (toll-free)

AIDS HELPLINE
0800-012-322

www.lifelinesa.co.za



MANAGER'S CORNER



My name is Ramantsibua Thomas Mokgotla

I am originally from Tsakane township at Ekurhuleni Municipality, Gauteng Province. I attended my primary school at Letsie Primary School and my high school at Tsakane Secondary School and J.E Malepe Secondary School.

I have passed my grade twelve in 1999 and I was able to get an admission to Brakpan College to do computer studies in 2001. I furthered my studies with the Foundation For Professional Development where I did managed to do a Higher Certificate in Management, Business Communication Programme with Regent College and Customer Service Excellence with Maccauflei as well as the Basic Disaster Preparedness and Management with the South African Red Cross Society.

I am currently working for LifeLine South Africa as the Community Development Supervisor.

My key responsibilities are: -

- To identify and implement community development interventions, liaises with stakeholders for partnerships, and organize events.**
- To implement integrated Community Development interventions in partnership with other stakeholders.**
- To liaise and coordinate with all relevant role-players, internal and external stakeholders.**
- To facilitate collaborations and establish partnerships to ensure the sustainability of development actions within communities.**



TommyM@lifeline.org.za

011 715 2000

LOCAL EVENTS

2025/04/12: The event launch of the **LifeLine Athletics Club**. The event was a huge success, thanks to the incredible energy and enthusiasm of our team. A huge well done to each and every o who made this possible.



2025 May 11: **LifeLine Athletics Club** was manning the refreshment station at the Modderfontein Half Marathon. The event was organised by Inkamala Athletics Club (Taroko Trail Park, Norfolk Ln, Klipfontein, Johannesburg)



LOCAL EVENTS CONTINUE

2025 MAY 23: GBV awareness campaign that took place at Wemmer, Johannesburg CBD. LifeLine was invited by the Johannesburg Metro Police Department (JMPD).



2025 MAY 23: Our HIV Testing Services (HTS) unit attended the Johannesburg Metropolitan Police Department (JMPD) Men's Forum roadshow held at the Randburg Fire Station in Randburg, Johannesburg. According to JMPD, the roadshow provides a safe space for its JMPD men (uniform & non-uniform) to connect, share, learn and grow together. Most importantly, support one another in moments of need. LifeLine South Africa values this collaboration as it increases its footprint into the security cluster.



LOCAL EVENTS CONTINUE

2025/06/24: A case presentation by **SACAP Psychology students** together with our (LLSA) Social Workers had a case presentation. The main purpose of the exercise was to explore and discuss intervention plans and collaboration efforts in order to assist clients. And, objectives being to share knowledge and skills thus enhance professional development.



2025/06/25: LifeLine was invited by **Gauteng Department of Health** to exhibit at the Youth Career Expo that was held at Chris Hani Baragwanath Nursing College Campus.



LOCAL EVENTS CONTINUES

2025/06/25: The ABC Motsepe SASCE (Southern African Society for Co-operative Education) National Championship at Rhema Bible Church, Randburg. The event was organized by the National Department of Health: Chief Directorate: HIV, AIDS and STIs Cluster.



NATIONAL EVENTS

2025/06/08: We were part of the comrade's marathon event that took place in Kwa-Zulu Natal as we were manning the water table at Inchanga, on Thousand Hills street and Old Main road.



The Comrades Marathon event is an ultra-marathon that is being held annually in South Africa. This year, the 89km up run race took place on June 8, 2025. The LifeLine South Africa continue to play an important role at the event by manning the water point almost half way the vicinity of Inchanga area.

LifeLine South Africa Water-point is one of the landmarks in the calendar of events organized by the organization. This year, the organization's involvement was the fourth since 2022. Our participation is a living testimony of the unmatched organizational and coordination capabilities residing within this Non-Government Organization. We did not achieve this alone though because we worked jointly with Volunteers from Inchanga community, The - LifeLine Durban, The South African Red Cross Society and The National Department of Health (South Africa).

Our visibility at the The Comrades Marathon 2025 event gave the



NATIONAL EVENTS CONTINUE

24 000 runners that took part this year from all walks of life locally and internationally an opportunity to interact with the LifeLine brand as they pass through its Water-point at Inchanga.

This also shows the cooperates, government departments and the general public that LifeLine is living organization and not shy to exercise community development responsibilities.



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Vitamin C



SOD B®
Melon juice
concentrate



PhytoCellTec™
Solar Vitis



Pomeanox™
Pomegranate
extract



CyanthOx™ Sea
buckthorn
extract

Intense exercise often leads to fatigue, increased body temperature, dehydration, depletion of muscle glycogen, and soft tissue damage. In turn, these events disrupt the nervous and peripheral nervous systems, cardiovascular, thermoregulatory, renal, endocrine and immune systems.

SUNDAY 8 JUNE | 05:15 CAT

COMRADES MARATHON



TRAINING & ORGANIZATIONAL DEVELOPMENT

COURSES OFFERED...

NOW OPEN FOR REGISTRATION

- ✓ Personal Growth Course
- ✓ Basic Counselling Skills
- ✓ Mental Health
- ✓ Suicide Prevention
- ✓ Trauma Debriefing
- ✓ Positive Parenting
- ✓ HIV Testing Services
- ✓ Leadership & Management
- ✓ Strategic Management
- ✓ Community Project Management
- ✓ Board Basics
- ✓ Conflict Handling
- ✓ Volunteer Management

Contact Us

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Emmarentia, Randburg



info@lifeline.org.za

ONE ON ONE WITH CHANGE MAKERS



Sebongile Setjeo

I'm Sebongile Setjeo, 41-year-old lady, I am a dedicated, enthusiastic and motivated Mental Health Practitioner. I am passionate about promoting mental health.

I completed my B. A degree in Pastoral Counselling majoring in Psychology at the University of Lesotho in 2009. In 2016 I completed B.A Honors in Psychology (Counselling Psychology stream) at University of South Africa known as UNISA, in 2018, I completed the Post Graduate Certificate in Education (FET - Further Education and Training and Senior Phase) at UNISA. In 2023 I completed PGDIP in Psychology (Psychological Counselling) at the University of Kwazulu-Natal. I have done short courses and training with LifeLine South Africa.

I have been working as a part-time counsellor at LifeLine South Africa from April 2010, rendering services on the AIDS Helpline and the Stop Gender Violence Helpline. I became permanent in 2013 until date. I volunteered to assist community including learners experiencing distress and difficulty in coping on their daily lives to make a meaningful and purposeful life. I am committed in contributing positively and effectively to team's goal.

I am also a support system in Specialized Social and Health Services unit, assisting with safe talking, face to face counselling and supervising SACAP Psychology Students.

In 2009, I did my practicums at a Mental Health Institute providing psychological counselling, psycho-education, support and referrals to individuals living with mental disorders and the family. In 2023 I did my practicums in KZN working with learners living with different mental conditions at Newton pre-vocational special school where I was providing counselling and psychological assessments under the supervision of an Educational Psychologist and a Registered Counsellor (Psychology Practitioner) and Referrals.

UP, CLOSE AND PERSONAL WITH...



Busisiwe Mqhayi

Busisiwe Mqhayi, comes from Soweto, Johannesburg. She is a dedicated counselor and work in community development project. With a passion for working with people, she strives to make a positive impact in the lives of those around her. She honed her counseling skills and personal growth at Lifeline Norwood, that led her gained valuable experience.

As a counselor, she works tirelessly to support individuals and community, helping them navigate life's challenges and achieve their goals. Her approach is centered on empathy, understanding, and empowerment, and committed to creating a safe and non-judgmental space for clients to explore their thoughts and feelings.

Her work in community development is driven by a desire to uplift and support marginalized communities, promoting social justice and equality. She believes that every individual deserves access to quality support services, and she works to bridge the gap between communities and resources.

What fulfills her is helping a soul a day, whether it's through a listening ear, guidance, or support. Her passion for working with people is what keeps her moving, and she is committed to making a meaningful difference in the lives of those she touches.

With every conversation, she is reminded of the resilience and strength of the human spirit, and she is honored to be a part of the clients' journeys.

5-year lifeline could save PEPFAR and millions of children from HIV

Amid uncertainty about the long-term future of the landmark HIV/AIDS relief program PEPFAR (President's Emergency Plan for AIDS Relief), a global team of experts is calling for a five-year plan to transition the program toward being supported by local governments across Africa, in a new publication in The Lancet. They warn that if PEPFAR support ends, 1 million more children could contract HIV by 2030, nearly 500,000 could die from AIDS-related causes, and 2.8 million could be orphaned.

Since it was launched by former President George W. Bush in 2003, PEPFAR has saved 25 million lives globally, supported 7 million orphans and vulnerable children, and enabled 5.5 million babies to be born HIV-free, according to the U.S. State Department. It's credited as the largest commitment by any country to fight a single disease in history. However, following a Trump administration executive order on Jan. 20, U.S. foreign aid was temporarily paused, including funds for PEPFAR. The State Department later identified parts of the program as lifesaving and allowed some funding to resume, but the future of PEPFAR remains uncertain because a plan has not yet been announced to restore full funding. And while other countries and foundations contribute to HIV/AIDS relief through avenues such as the Global Fund, PEPFAR, with its investment of over \$110 billion, is funded by the U.S. government.

The State Department declined to comment to ABC News.



PLEASE DONATE

"The levels of crime are escalating in South Africa and no one is spared from the wrath of the criminals. Individuals and organizations alike are victims to an assortment of criminal activities. LifeLine South Africa lost its Toyota Quantum due to high jacking last year around 2024/July and was not recovered despite having a tracking device. Since then, the organization has not recovered fully from this loss.

To restore LifeLine South Africa to its former glory days, you can donate in cash on the following account number and use reference "Quantum" or kind (vehicle). Your support will be appreciated.



LIFELINE SOUTH AFRICA Bank: Nedbank Branch: Bedfordview Branch code: 195505 Account.: 1925032558 Account Name: LifeLine South Africa Ref: WEBSITE DONATE  EMAIL:: melindaj@lifeline.org.za	AIDS HELPLINE Bank: Nedbank Branch: Business East Rand Branch code: 128842 Account Number: 1288029454 Account Name: LifeLine Counselling Centre Ref: WEBSITE DONATE EMAIL : melindaj@lifeline.org.za 	STOP GENDER VIOLENCE HELPLINE Bank: Nedbank Branch: Business Central Branch code: 128405 Account Number: 1284040461 Account Name: LifeLine South Africa Ref: WEBSITE DONATE EMAIL : melindaj@lifeline.org.za 
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FUTURE EVENTS

EVENT NAME	VENUE	DATE OF THE EVENT
Kidney and Suicide Prevention Awareness Day	LifeLine South Africa House, Emmarentia, Randburg	10 September 2025
South African AIDS Conference	Emperors Palace, Ekurhuleni	08 – 11 September 2025
LifeLine South Africa Heritage day celebration	LifeLine South Africa House, Emmarentia, Randburg	26 September 2025
Spar Ladies Race Grand Prix	Gqeberha (Eastern Cape)	27 th September 2025 (Build-up event is on the 26 th September 2025)

Sector / Department / Organization	Activity (name and description)	Target Population/Facility/NGO	Target number	Services to be rendered	Location	District and Province	Date
NGO: LifeLineSA	HTS	Community Members	30	HIV Testing, BP Blood Glucose STI Screening	Westbury Ext 3	Region B COJ Gauteng	02/07/2025
NGO: LifeLineSA	HTS	Employees	50	HIV Testing, BP Blood Glucose STI Screening	Croesus	Region B COJ Gauteng	06/08/2025
NGO: LifeLineSA	HTS	Students	50	HIV Testing, BP Blood Glucose STI Screening	Auckland Park	Region B COJ Gauteng	07/08/2025
NGO: LifeLineSA	HTS	Women's Day Celebration	50	HIV Testing, BP Blood Glucose STI Screening	Randburg	Region B COJ Gauteng	08/08/2025
NGO: LifeLineSA	HTS	Community Members	40	HIV Testing, BP Blood Glucose STI Screening	Joe Slovo Park	Region B COJ Gauteng	11/08/2025
NGO: LifeLineSA	HTS	Community Members	20	HIV Testing BP Blood Glucose STI Screening	Sophiatown Shopping Centre	Region B COJ Gauteng	01/09/2025
NGO: LifeLineSA	HTS	Taxi Drivers & Street Vendors	30	HIV Testing, BP Blood Glucose STI Screening	Randburg	Region B COJ Gauteng	03/09/2025
NGO: LifeLineSA	HTS	Community Members	20	HIV Testing, BP Blood Glucose STI Screening	Joe Slovo Park	Region B COJ Gauteng	10/09/2025

OUR PARTNERS



IMPORTANT NUMBERS AND SOCIAL MEDIA HANDLES

 AIDS HELPLINE ☎ 0800-012-322 WhatsApp: 084 922 8808 Email: Health@lifeline.org.za	 NERVE CENTER National health services 0800 012 322	 NATIONAL COUNSELLING LINE 0861-322-322 (Shared call) WhatsApp: 060 4415 Email: safetalking@lifeline.org.za	 STOP GENDER VIOLENCE 0800-150-150 A product of LifeLine South Africa TOLL-FREE HELPLINE (Free Call & WhatsApp Number)
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SOCIAL MEDIA HANDLES

Facebook Profile: TheLineLineSouthAfrica	
LinkedIn Profile: LifeLine South Africa	
Twitter Profile: LifeLine SA	
YouTube Profile: LifeLine South Africa	
Instagram Profile: LifeLine South Africa National Office	
TikTok Profile: LifeLine South Africa	

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PHOTO DUMP



End...