



Newsletter Vol 4 /2018



In life we meet people that have a major impact on us despite never having the intention to change our views or ideas. By merely being positive or by sharing their stories with us, they give hope or a new perspective on life. The important value of these meetings is that we need to make their attitude our own and learn from them.

A young man, with severe physical disabilities, tells a story of how he reached his dreams. "To finish a 100km cycle race, I first had to ride 5km", he said. He used the anomaly of a builder, getting his hands dirty when laying bricks. You decide when you are ready for the next brick and then stack them onto each other. If the brick do not line up your wall will fall over and life is the same. If we do not take the first step and then the next and then the next and so on our walls will not be strong and we will fall, every time.

Another fascinating woman tells us how she decided not to let taxis and bad, aggressive drivers in traffic upset her. She allows them to change lanes or join traffic at slipways whilst smiling and waving at them. This action by her usually unsettles the other driver, who then hesitantly drive on as they are not sure what her next move will be. But she remains in a good space, turn the music louder and just continue to focus on her day.

And maybe, as we celebrate Freedom Day, we should look beyond political freedom and struggles and turn our attention to our own freedom. Freedom to be positive and freedom to decide on our reaction to life around us. We need to become more aware of the beauty in each day – sunny days, clear blue skies and mild temperatures. Get out and appreciate nature. We need to learn to appreciate silence and not fill our days with noise from cell phones and TV's.

Appreciate your friends and family as they are the people keeping you on track and supporting you when you take a turn from the main road. Listen to the laughter of children and be kind to yourself. Take a chance to be free to be YOU! Focus on what you can do, rather what you can't do. Focus on what you know, rather on who you know. Focus on what you are, rather than on what you will never be.

Until next month, be happy!

Linda Nell



INVITATION

1 June 2018

The Department of Social Work & Criminology and Child Welfare Tshwane cordially invites you to join us for a one-day social work conference.

THEME: SAFE CHILDREN - make it matter, make it happen

Our line-up of presenters are all experts in the field of child protection and will share their views with us on the way forward to ensure safety for all children.

For the program, please consult www.childwelfare.co.za

The conference is a co-hosted event between the University of Pretoria and Child Welfare Tshwane and is part of the centenary celebrations of Child Welfare Tshwane.

DATE: 1 JUNE 2018

TIME: 8:00 FOR 8:30

VENUE: SANLAM AUDITORIUM, UP CAMPUS

RSVP: PR@CHILDWELFARE.CO.ZA OR REGISTER ONLINE:

<https://confsa.eventsair.com/child-welfare-tshwane-conference/register/site/register>

R500 per person, payable on invoice.

An invoice and confirmation will be generated once your booking has been processed.

CPD Points: 4

