

# HUIS MAERUA NEWSLETTER



HUIS MAERUA  
*Maak 'n verskil.*

PG 1

ñ Woord van dankbaarheid.

PG 2

Vanuit n Opvoedkundige Sielkundige se oogpunt.

PG 3

A heartfelt Thank You to our professional supporters.

VOLUME 4 | NOVEMBER 2025

Windhoek Child Protection Association  
Bank Windhoek  
Ac Nr: 1027392233  
Branch: 483 872  
Ref: Huis Maerua

081 776 2636 • bestuur@huismaerua.org  
081 673 6237 • admin@huismaerua.org  
083 332 5030 • info@huismaerua.org

24 Demonte St. Auasblick. Windhoek



## 'N WOORD VAN DANKBAARHEID

Adolesensie is 'n tyd van vinnige verandering—emosioneel, sosiaal en fisies. Vir tienermeisies kan 'n veilige en ondersteunende ruimte om deur hierdie veranderinge te praat 'n wêreld van verskil maak. Gereelde interaksie met 'n kliniese sielkundige gee hulle die kans om hul gedagtes vrylik uit te druk, hul gevoelens sonder oordeel te verken en gesonde maniere te leer om stres te hanteer.

Om met 'n sielkundige te sosialiseer, help ook om vertroue en selfvertroue te bou. Dit leer meisies dat om hulp te vra 'n sterkpunt is, nie 'n swakpunt nie. Met verloop van tyd bemagtig hierdie gesprekke hulle om hulself beter te verstaan, sterk emosionele veerkragtigheid te ontwikkel en gesonder verhoudings met ander te vorm.

Deur vroeg en openlik betrokke te raak, kry tienermeisies gereedskap wat hul welstand nou en in volwassenheid ondersteun – wat hulle help om die lewe se uitdagings met duidelikheid en moed te navigeer.

Ek het die voorreg gehad om met die tienermeisies by Huis Maerua Kinderhuis te werk. Hulle het my soveel geleer en my perspektief verbreed. Ek is dankbaar vir die personeel se oop harte en vriendelike hulp. Hulle aanvaarding het elke oomblik betekenisvol gemaak. Hierdie ervaring sal ek altyd met dankbaarheid onthou.

Samantha Farmer  
Intern Kliniese Sielkundige





**YOUR RELIABLE PATH TO A SECURE FUTURE**

Personal Insurance \* Commercial Insurance \* Tourism Insurance  
Farming & Agriculture Insurance

**We've Got You Covered**

At Seun Kesslau Insurance Brokers, we take a sensible approach to risk management and insurance. Serving Namibia with integrity, we protect what matters most to you, your family, and your business, for the long and short term.

**FOCUS ON TODAY. WE'LL SECURE YOUR TOMORROW.**

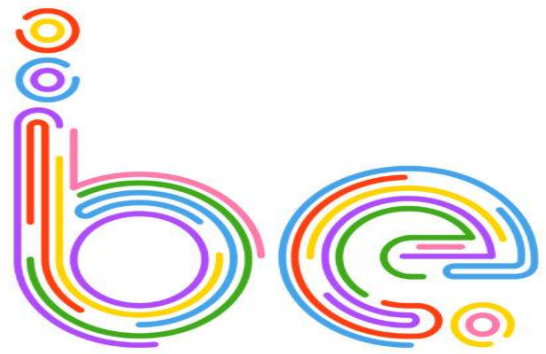


**IMPORTANCE OF CONTINUAL PROFESSIONAL DEVELOPMENT (CPD) IN SOCIAL WORK**

At Huis Maerua, Continual Professional Development (CPD) activities provide opportunities to connect with other professionals, share best practices, and engage in case discussions. These exchanges foster collaboration, broaden perspectives, and enhance the collective capacity to support children in our care.

CPD ensures that social workers remain competent and up to date with evolving best practices. It strengthens their skills and knowledge, enabling them to respond effectively to the complex needs of children and families. By engaging in CPD, our team is equipped with the latest evidence-based approaches, ensuring that interventions are both effective and sensitive to the realities our children face.

Participation in CPD is not only a professional responsibility but also a regulatory requirement. In Namibia, social workers must engage in CPD to maintain registration with the Health Professions Council. This commitment safeguards professional credibility and reinforces the integrity of the social work profession.



“Be kind to others, because you do not know their story...”

Elke kind by Huis Maerua Kinderhuis het sy of haar unieke storie – ñ pad wat hulle gevorm het tot wie hulle vandag is. Wat my telkens beïndruk het, is hoe die veilige omgewing, die liefde en die toewyding van die personeel ñ weselike verskil in elke kind se lewe maak. Hier kry kinders weer hoop en die kans om hulself te ontwikkel tot die beste van hul vermoë.

Van die personeel het ek ñ waardevolle les geleer: volgehoue liefde en geduld plaas kinders nie noodwendig dadelik waar hulle moet wees nie, maar dit bou die springmat waarop hulle self kan kies hoe hoog hulle wil spring. Dit skep die ruimte waar hulle kan waag, probeer, val en weer opstaan – want daar is ñ veiligheidsnet wat hulle dra en beskerm en waar hulle elke keer kan terug bons en weer probeer.

Dis soveel makliker (en lekkerder!) om nuwe “toertjies” te probeer op ñ veiligheidsnet as op harde, klipperige grond vol versteekte dorings en glasstukke. Huis Maerua Kinderhuis is daardie springmat – ñ plek waar kinders kan groei, ontdek en droom.

Vir my was dit verrykend om self ñ klein bydrae te maak deur die kinders ñ toertjie of twee te leer.

Marelize Calitz  
Opvoedkundige Sielkundige





Being a very small part of the work that happens at Huis Maerua Children's Home has offered a profound reminder of the difference that collective care can make in a child's life. Engaging in therapeutic work with one of the children has allowed me to see, in the most tangible way, how consistent support and collaboration can gently reshape a young person's story. What begins as a small, intentional efforts such as listening, adjusting, and supporting, gradually unfolds into meaningful progress and renewed hope.

The experience is both grounding and deeply fulfilling, reminding me that the lasting change rarely comes from one moment or one person, but from the steady, united commitment of many. The caregivers who provide structure and nurture, the teachers who create space for learning, the therapists who guide the process, and the child who bravely engages in it all, contributes to a network of care that enables real transformation to take place.

To witness a child's growth through thoughtful, coordinated intervention is a privilege that extends beyond professional satisfaction as it is a deeply human reminder of what becomes possible when we come together with shared purpose and compassion. When each person's effort is aligned toward the same goal it opens new possibilities for their future, however big or small.

In that shared effort lies the quiet but powerful truth of Huis Maerua Children's Home: that through unity, care, and belief in every child's potential, we can help shift the course of a life and in doing so, strengthen the fabric of hope itself.

Jana Vermeulen  
Educational Psychologists



## A HEARTFELT THANK YOU TO OUR PROFESSIONAL PARTNERS

At Huis Maerua Children's Home, we are constantly reminded that it truly takes a community to raise, guide, and shape a child's life. This year, our children have grown stronger, healthier, and more confident—and much of that is thanks to the unwavering dedication of our professional partners who stand beside us every step of the way.

To the **doctors** who ensure our children's physical wellbeing, offering expert care with patience and kindness—thank you. Your commitment gives our children the chance to grow up healthy and hopeful.

To the **psychologists**, whose gentle guidance helps our young people navigate difficult emotions, heal from trauma, and discover their own resilience—your work brings light into some of their darkest moments.

To the **teachers and tutors** who patiently invest in our children's education, filling learning gaps and celebrating every achievement—your dedication opens doors to brighter futures.

To the **optometrists and dentists**, who ensure that every child sees clearly and smiles with confidence—your services restore dignity and improve daily life in ways that cannot be overstated.

To the coaches, mentors, and leaders of **extramural activities**—from sports to arts to personal development—thank you for creating spaces where children can express themselves, build discipline, and discover their strengths. Each of you play a vital role in our children's lives.

Your professionalism, compassion, and generosity reminds our young people that they are valued, supported, and never alone.

From all of us at Huis Maerua Children's Home: **thank you for being part of our village.** Your partnership not only changes lives—it shapes futures.

# M&Z MOTORS DRIVES HOPE

This year's *Drive for a Cause* initiative proved that even a simple act—renting a car—can help change lives. M&Z Motors partnered with Huis Maerua Children's Home during the recent matric farewell season, offering their fleet of vehicles for rental and all the proceeds were donated directly to the children's home.

What began as a thoughtful idea grew into a meaningful movement. Parents, families, and students eagerly supported the initiative, knowing that every kilometre driven was helping to build a brighter future for the children in care. Thanks to their generosity and the commitment of M&Z Motors, a remarkable **N\$30,000** was raised.

These funds will go a long way in supporting essential needs at Huis Maerua, from educational resources and therapeutic support to daily care requirements. For the children, initiatives like this do more than raise money—they show them that their community believes in them and is willing to stand beside them.

Huis Maerua extends its heartfelt appreciation to **M&Z Motors** for their compassion, dedication, and willingness to make a meaningful difference. Your contribution has created more than financial support—it has inspired hope.

To everyone who rented a vehicle and stood behind this cause, thank you for driving change with us. Together, we are shaping stronger tomorrows for the children who need it most.



Huis Maerua Children's Home

## CHRISTMAS SHOEBOX PROJECT

1 October – 12 December 2025

10 Boys 2 to 18 years  
10 Girls 18 months to 17 years

STATIONERY • TOYS  
CLOTHES • SOCKS • UNDERWEAR  
SWEET TREATS • JUICE • RUSKS  
BALLS • WEIGHTS • SKIPPING ROPE  
PUZZLES • CRAFT KIT • BOOKS  
PAINTING SETS  
TOILETRIES & TOWLS



083 332 5030 • 24 Demonte St.  
Auasblick Windhoek

## MAKE YOUR BRAND PART OF A CHILD'S STORY

For just N\$200 a month, your advertisement can appear in our monthly newsletter — reaching our supporters while directly helping change a child's life.

Your partnership will bring hope, care, and opportunities to vulnerable Namibian children in our care. Together, we can turn small acts of kindness into big differences.

Contact Suann at [admin@huismaerua.org](mailto:admin@huismaerua.org) to partner with us today.

**THANK YOU FOR YOUR SUPPORT!**

## STOCK UP THE PANTRY FOR 2026



Toothpaste • Face cream • Body cream •  
Roll on • Spray • Shampoo & conditioner •  
Soap • Sweets • Chips • Biscuits • Rusks •  
Coffee • Tea • Brow sugar • Tin foods • Jelly  
• Flour • Cleaning supplies • Refuse bags

## RECYCLING FOOTWEAR FOR GOOD

What to do with your  
old school & sport  
shoes?

Join us in making a  
difference in the less  
fortunate schools by  
donating your old  
school shoes & socks  
and old sport shoes &  
socks.

Drop off can be made  
at our office: Huis  
Maerua Children's  
Home, 24 Demonte St.  
Auasblick.  
083 332 5030

