

HUIS MAERUA NEWSLETTER

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EVERY COIN COUNTS

SUSTAINING CARE THROUGH COMMUNITY SUPPORT

Supporting the monthly street collections campaign of Huis Maerua Children's Home is vital to ensure the continued care and protection of vulnerable children. These collections provide a consistent and reliable source of funding that helps cover daily essentials such as food, clothing, education, and medical care.

In a space where stability means everything, monthly contributions allow the home to plan ahead, respond to urgent needs, and maintain a safe, nurturing environment. Without this ongoing support, even the most basic operations become uncertain.

Every coin given on the street is more than a donation—it is a commitment to a child's future. By supporting the campaign, the community becomes an active part of restoring

dignity, building hope, and creating a foundation where every child has the opportunity to grow, heal, and thrive.



We extend our heartfelt gratitude to our project partners: Spice Corporate Gifts, XCO Group, Plastilon Packaging and Logo Embroidery for their valued support in making this campaign possible.

BANK DETAILS: Windhoek Child Protection Association | Bank Windhoek
Acc Nr: 1027392233 | Branch code: 483 872



BREAKING THE CYCLE

WHEN LOVE AND LOYALTY COMPLICATES A CHILD'S PATH FORWARD

Breaking destructive cycles is never simple, especially for children who have been placed in the care of a children's home. While removal from harmful environments may offer safety and stability, it does not erase the deep emotional bonds children have with their biological parents. Love, loyalty, and identity remain closely tied to where they come from, even when those roots are marked by pain.

For many children, their parents are still their heroes. Despite experiences of neglect, substance abuse, or criminal behaviour, a child often clings to the belief that their parent's way of life is normal or even acceptable. This loyalty can make it incredibly difficult for a child to fully embrace the new values, structure, and guidance offered in a place like Huis Maerua Children's Home.

The result is a quiet internal conflict. On one hand, children are taught about responsibility, honesty, and healthy coping mechanisms. On the other, they carry the imprint of what they have seen and experienced, patterns such as stealing, substance abuse, or destructive decision-making. These behaviours are not simply choices; they are learned survival mechanisms, often deeply ingrained over time.

Even more complex is the emotional weight children carry. To reject harmful behaviours can feel, to them, like rejecting their parents. It can feel like betrayal.



This creates a powerful psychological barrier, where choosing a better path is not just about change—it is about identity, belonging, and love.

Caregivers and social workers face the delicate task of helping children navigate this tension. It requires patience, consistency, and deep empathy. Children need to be shown that they can honour their love for their parents while still choosing a different future for themselves. They need to experience positive role models, safe relationships, and repeated reassurance that they are not bound to repeat the past.

Breaking the cycle is therefore not a single decision, it is a process. It is built over time through trust, guidance, and the gradual reshaping of belief systems. There are setbacks, moments of regression, and difficult choices along the way. But with the right support, children can begin to see that their story does not have to end where it began.

Ultimately, the journey is about helping a child understand that they are more than their circumstances. That while their past may shape them, it does not have to define them. And that choosing a different path is not an act of disloyalty—but one of courage.



STRONGER THAN THE STRUGGLE

HOW WRESTLING SHAPES RESILIENT CHILDREN

Wrestling, often seen as a physically demanding sport, holds a deeper value. Especially for children growing up in a children's home. Beyond the mat, it becomes a powerful tool for emotional healing, character development, and building a sense of belonging.

For many children in care, life has been marked by instability, loss, or trauma. Wrestling introduces structure and discipline in a way that feels both safe and empowering. The routine of training, the respect for coaches, and the clear rules of the sport create an environment where children begin to understand boundaries, accountability, and self-control.

One of the most significant impacts of wrestling is the development of resilience. On the mat, a child quickly learns that losing is not the end—it is part of growth. This lesson translates into everyday life, helping them cope with setbacks, rejection, and challenges they may face outside the sport.

Wrestling teaches them to get back up, to try again, and to believe in their ability to improve.

Equally important is the boost in self-esteem. Many children in a children's home struggle with feelings of worthlessness or abandonment.



WINDHOEK WRESTLING CLUB

RISING STARS OF NAMIBIA'S WRESTLING FUTURE! JOIN TODAY.

Proud Sponsor

CLOSWA BILTONG
Since 1976

"Wrestling is not just about physical strength, but the power to overcome your own limitations." - John Cena

Wrestling provides tangible achievements, whether it's mastering a new technique, winning a match, or simply pushing through a tough training session. These small victories rebuild confidence and help children see their own strength and potential. Wrestling channels frustration, anger, and stress into something constructive. Instead of internalising or acting out, children learn to release their emotions in a controlled and supportive environment.

Perhaps most importantly, wrestling creates connection. It builds a sense of team, brotherhood, and trust, something many of these children deeply crave. Coaches often become mentors, and teammates become a form of family. In a space where they may have felt alone, wrestling reminds them that they are supported, seen, and valued. In the life of a child growing up in a children's home, wrestling is far more than a sport. It is a foundation for healing, growth, and hope—shaping not only stronger athletes, but stronger, more confident individuals ready to face the world beyond the mat.



HIKING FOR HOPE

Staff and teenagers from Huis Maerua Children's Home will take to the trails for the Hiking for Hope Challenge 2026. A meaningful hike to raise awareness and funds for vulnerable children in our care. We walk to amplify young voices, build resilience, and support the vital work of Huis Maerua Children's Home.

HOW TO SUPPORT:

- Financial contribution toward logistics
- Sponsor per KM (form available at office)



EVERY STEP MAKES A DIFFERENCE
NAMB NAUKLUFT HIKINGTRAIL: Boys trip in May
FISH RIVER CANYON: Girls trip in August
081 673 6237 • admin@huismaerua.org



WO 8/4

Notice of Annual General Meeting (NGO)

Notice is hereby given of the Annual General Meeting of Windhoek Child Protection Association on WO 8/4.

DATE: 31 March 2026

TIME: 16:00

VENUE: Huis Maerua Children's Home, 24 Demonte St. Auasblick

For enquiries and confirmation, contact Erna von Dewitz at 083 332 5030 or bestuur@huismaerua.org

HOEKOM MAATSKAPLIKE WERK?

DEUR DR. ALTA VORBACK & ANNEKE KRUGER

Miskien lê dit in 'n mens se grootwordjare. Dalk in jou persoonlikheid. Of dalk net in jou hart. Miskien is dit omdat God 'n saadjie geplant het, een wat met tyd groei, vorm aanneem en jou uiteindelik toerus vir die doel wat Hy vir jou het.

Vir ons was maatskaplike werk nog altyd meer as net 'n beroep, dit is 'n roeping. Iets wat diep in 'n mens se hart kom vestig en deel word van wie jy is. Maar maatskaplike werk is nie maklik nie. Dit bring spanning, slapelose nagte, magtelosheid en dikwels ook frustrasie. Veral in statutêre werk, waar besluite oor mense se lewens geneem moet word. Die konstante vrae bly: "Het ek reg besluit? Kon ek meer gedoen het? Was dit genoeg, selfs al het jy alles reg gedoen?"

En tog het maatskaplike werk ook 'n ander kant. 'n Kant van genade. 'n Kant van dankbaarheid. Dis hierdie kant wat jou laat aanhou. Wat jou laat deurdruk. Wat jou beker weer vol maak sodat jy kan aanhou gee. Maatskaplike werkers meet sukses anders. Dit lê nie altyd in groot oorwinnings nie, maar in klein, kosbare oomblikke soos wanneer 'n Dogtertjie wat haar rustige plekkie in die sandbak vind, al sit sy met haar hele lyfie daarin. Dit is hierdie klein, dikwels ongesiene oomblikke — stukkie dankbaarheid, genesing, aanhou en nuwe begin — wat ons dra.

Dit is hier waar hoop groei. Dit is hier waar ons saai.