

# HUIS MAERUA NEWSLETTER

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## OPENING DOORS TO HOPE

### THE IMPACT OF DONATED BOOKS IN A CHILDREN'S HOME

Donated books are far more than paper and ink, they are powerful tools that open doors to imagination, learning, and healing for children growing up in a children's home. Each book placed on a shelf becomes an invitation to explore new worlds, meet inspiring characters, and discover the endless possibilities that lie beyond their current circumstances.

For many children, books offer a sense of comfort and escape. A story can become a safe place where worries are set aside, even if only for a little while. Through reading, children learn to understand their own emotions, develop empathy, and begin to see that their story is still being written and that it can be a hopeful one.

Books also bring people together. Shared reading moments between caregivers and children create opportunities for connection, trust, and meaningful conversation.

- Over time, a growing collection of books can transform into a small library, a nurturing space where curiosity is encouraged, confidence is built, and a lifelong love for reading is developed.

- The impact of a donated book extends far beyond its pages. It becomes a gift of opportunity, growth, and dignity, a reminder to every child that they are seen, valued, and worth investing in.

- Members of the public are warmly invited to be part of this journey. You can donate your pre-loved books to support the children of Huis Maerua by contributing to the Huis Maerua account at Uncle Spike's Book Exchange. Your old books can find new purpose and bring new hope into the lives of children who need it most.

- Together, we can turn every donated book into a stepping stone toward a brighter future.



# IDENTITEIT, SELFVERTROUW & WAARDES

## DIE STIL STRYD VAN 'N KIND

Identiteit is die anker van 'n mens se lewe. Dit bepaal hoe ons onself sien, hoe ons ons plek in die wêreld verstaan, en hoe ons besluite neem. Saam met identiteit loop selfvertrouwen en waardes. Dit is die innerlike kompas wat rigting gee wanneer die lewe onseker raak. Vir baie kinders ontwikkel hierdie drie pilare natuurlik binne 'n gesin waar liefde, aanvaarding en stabiliteit teenwoordig is, maar vir 'n kind in alternatiewe sorg is hierdie pad dikwels veel meer kompleks.

Wanneer 'n kind in 'n veiligheidshuis geplaas word, dra hy of sy nie net 'n tas met klere nie, maar ook 'n onsigbare bagasie van vrees, pyn en onsekerheid. "Hoekom ek?" "Was ek nie goed genoeg nie?" Hierdie vrees groei maklik in stille leuens: *Ek is nie werd nie. Ek is nie geliefd nie. Ek is die rede hoekom dinge skeefgegaan het.* Hierdie gedagtes kan diep wortel skiet en 'n kind se identiteit begin vorm op 'n manier wat ver van die waarheid af is.

Selfvertrouwen word dan nie iets natuurlik nie, maar iets broos. Afhanklik van bevestiging van buite, en maklik gebreek deur teleurstelling. Waardes, wat normaalweg in 'n veilige huisomgewing vasgelê word, moet dikwels van nuuts af gebou word. Sonder hierdie fondasie kan 'n kind maklik verdwaal in wie hulle is en wat hulle werd is.

Een van die grootste uitdagings van so 'n kind is om te aanvaar dat hulle nie



verantwoordelik is vir hul ouers se keuses of omstandighede nie. Kinders het 'n natuurlike neiging om hulself te blameer, omdat dit vir hulle meer sin maak as om die kompleksiteit van volwasse probleme te verstaan. Om hierdie skuldgevoel los te laat, verg tyd, geduld en baie doelgerigte ondersteuning.

Hier lê die enorme en dikwels onderskatte taak van personeel by residensiële sorg. Hulle rol strek veel verder as net fisiese versorging. Hulle word bouers van identiteit, draers van hoop en stemme van waarheid. Dag vir dag moet hulle help om die leuens wat kinders oor hulself glo, sagkens maar doelbewus af te breek, en dit te vervang met waarheid: *Jy is waardevol. Jy is waardig. Jy is nie jou omstandighede nie.*

Dit is nie 'n eenmalige gesprek nie, maar 'n voortdurende proses deur gesprekke, deur voorbeeld, deur konsekwente liefde en deur die skep van 'n veilige ruimte waar 'n kind kan begin glo dat hulle meer is as hul verlede. Personeel moet kinders help om hul unieke gawes raak te sien, hul stem te vind, en hul eie storie te herskryf met hoop eerder as skaamte.

# WHAT IT TAKES TO RUN A CHILDREN'S HOME

## AN HONEST LOOK AT THE HEART BEHIND THE WORK

Running a children's home is often seen through the lens of care and compassion and while that is true, it is only part of a much bigger, more complex picture. Behind every safe bed, warm meal, and smiling child is a daily operation that requires dedication, structure, resilience, and an unwavering commitment to showing up, no matter what.

Each day begins early. Children need to be woken up, prepared for school, dressed, fed, and encouraged for the day ahead. What may seem like simple routines carry deeper meaning. Consistency builds security, and for many children, this stability is something they have not always known. Caregivers step into roles that go far beyond supervision; they become mentors, role models, and steady figures in a child's life.

Once the school day begins, the work continues behind the scenes. Meals must be planned and prepared, laundry done, spaces cleaned, and administrative responsibilities handled. There are school meetings to attend, medical appointments to manage, reports to complete, and ongoing communication with social workers and stakeholders. Every detail matters, because every detail contributes to a child's wellbeing.

Financial management is a constant and critical responsibility. Providing for a household of children requires careful budgeting and

responsible stewardship of resources. This is where the support of the community becomes essential, without it, the work simply would not be sustainable.

Perhaps the most demanding part of running a children's home is the emotional investment. Behavioural challenges, trust issues, and emotional struggles are part of the journey. It takes patience, understanding, and often specialized knowledge to guide children through healing while still maintaining structure and boundaries.

Evenings bring another rhythm. Homework support, shared meals, conversations, and preparing for the next day. Bedtime routines are not just about rest; they are about reassurance, safety, and ending the day with a sense of calm.

Running a children's home is not a nine-to-five responsibility. It is a continuous commitment, one that requires a team of dedicated individuals who are willing to give of themselves daily. It is not always easy, and it is not without its challenges. But at the centre of it all are children who deserve more. More care, more opportunity, more hope.

And while the responsibility is great, it is never carried alone. It is made possible through the support of a community that chooses to stand alongside this work. Every contribution, every prayer, every act of kindness becomes part of the daily operation.

It takes a village to raise a child — and even more so to run a children's home.





## 'n Hart vol Dankbaarheid

Daar is oomblikke waar “dankie” eenvoudig te klein voel vir die diepte van ons waardering.

Aan die Namibiese gemeenskap: julle volgehoue ondersteuning bly die fondament waarop ons kinderhuis staan. Elke daad van omgee, elke bemoedigende woord en elke bydrae herinner ons daaraan dat ons nie alleen staan in hierdie roeping om kwesbare kinders te versorg nie.

'n Spesiale woord van dank aan ons donateurs. Julle finansiële bydraes is nie net syfers op 'n staat nie, dit is geleenthede vir groei en geneesing. Danksy julle is ons in staat om stabiliteit, sorg en 'n gevoel van behoort te bied aan kinders wat dit die nodigste het.

Julle ondersteuning stel ons in staat om ons waardevolle werk daagliks voort te sit, om elke kind te lei, te versorg en te ondersteun terwyl hulle hul eie waarde ontdek en begin bou aan 'n toekoms vol hoop.

In 'n wêreld wat soms onseker voel, staan julle vrygewigheid as 'n kragtige herinnering dat deernis steeds die pad wys. Julle help ons om nie net kinders op te voed nie, maar om sterk, weerbare mense groot te maak wat weet hulle is waardevol.

Van ons almal by die kinderhuis — die kinders, versorgers en personeel — baie dankie dat julle in hierdie werk glo, dat julle in hierdie lewens belê en saam met ons staan.

Saam maak ons 'n blywende verskil.



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