



WAAR MY GENESING BEGIN HET

- DEUR ANONIEM

Die eerste dag toe ek by die kindershuis ingestap het, was my hart vol vrees en onsekerheid. Ek het nie geweet wat om te verwag nie. Alles het vreemd gevoel, en diep binne my was daar 'n seer wat ek nie in woorde kon verduidelik nie. Vir lank het ek gedink ek moet alles alleen hanteer. Ek het geleer om stil te bly, om my gevoelens weg te steek en om niemand regtig te vertrou nie. Ek het nie geweet hoe dit voel om regtig veilig te wees nie.

Genesing het nie oornag gebeur nie. Daar was steeds moeilike dae. Dae waar herinneringe te swaar gevoel het en emosies my oorweldig het. Partykeer het ek gewonder of dinge ooit beter sou word. Maar tussen al die seer was daar mense wat geduldig langs my bly staan het. Mense wat geluister het sonder om te oordeel, wat my bemoedig het wanneer ek wou moed opgee en wat my stadig geleer het dat dit wat met my gebeur het, nie my toekoms hoef te bepaal nie.

Dit was dikwels die klein dinge wat my hart begin genees het. Iemand wat vra hoe my dag was. 'n Drukkie wanneer ek dit die nodigste gehad het. Aandgebiede, en die troos om te weet ek het elke aand 'n veilige plek om te slaap. Die mense by die kindershuis het nie net na my fisiese behoeftes omgesien nie; hulle het gehelp om my selfvertroue en my gevoel van waarde te herstel.

Van my mooiste herinneringe is gevorm in eenvoudige oomblikke. Verjaarsdae vier, uitstappies, kampvure en tyd in die natuur waar ek weer kon asemhaal en net 'n kind wees.

Herstel is 'n reis, en myne het begin die dag toe ek deur daardie deure gestap het en ontdek het dat selfs die seerste en mees gebroke harte stadig kan genees wanneer dit omring word deur liefde, sorg en deernis.

HEALING BEYOND THE THERAPY ROOM

RESTORING HOPE THROUGH NATURE AND ADVENTURE

Children who enter residential care often carry deep emotional wounds. Trauma affects far more than a child's emotions, it impacts their ability to trust, regulate emotions, form healthy relationships, concentrating in school, and simply experience the joy of being a child. At Huis Maerua Children's Home, our therapy programme plays a vital role in helping children begin the journey of healing and restoration.



Healing does not happen only within the walls of a counselling room. For many traumatized children, some of the deepest breakthroughs occur when they are exposed to positive life experiences. This is where outdoor hiking excursions and camping experiences become incredibly valuable additions to the therapy programme.



Nature has the unique ability to calm the mind and reduce stress. Hiking and camping remove children from environments associated with trauma. These excursions also create opportunities for personal growth and emotional development.

“By integrating hiking and camping into our therapy programme, we are doing far more

than addressing trauma through traditional clinical interventions. We are creating opportunities for children to rediscover hope, build confidence, develop meaningful relationships, and experience the simple joy of being a child. Time spent in nature challenges them to overcome obstacles, strengthens their resilience, and reminds them of their own capabilities,” says Marius Verwey, who has served as a houseparent at Huis Maerua Children's Home for the past six years.

For Marius, the mountains have never simply be a place to visit—they have been places of growth, reflection, healing, and discovery. His journey as an overnight hiker began in 2010 in the rugged beauty of the Fish River Canyon. Since then, he has spent countless days and nights exploring some of Namibia's most breathtaking wilderness areas, including the Naukluft Mountains, the Hakos Mountains, Namib Grens, and the Gaub Mountain trails.

What makes Marius such a valuable guide for the children of Huis Maerua is not only his knowledge of trails, campsites, weather patterns, and survival skills.

Yes We Can! Build our communities through talent & hardwork
Build it 234
456

SWAKOPMUND 064 417 030 • OSHANA 065 450

OSHAKATI 065 224 296 • TSUMEB 067 221

It is his understanding of what happens to a person when they step away from the noise of everyday life and into the quiet of nature.

With every hike, he teaches children that mountains are climbed one step at a time. That difficult moments do not last forever. That perseverance often reveals strength they never knew they possessed. Around campfires, on steep ascents, and along dusty trails, children learn lessons that cannot be taught in a classroom. They discover courage, resilience, teamwork, responsibility, and self-belief.



His years in the wilderness have equipped him with more than experience—they have given him wisdom. And it is this wisdom, combined with genuine care and compassion, that allows him to lead children not only through Namibia's mountains and valleys, but also along their own journeys of healing and restoration.



Before...

Be sure that you are fit and in good physical shape. Also plan properly in order to carry as little weight as possible. If not, 8 days in the mountains can become a very long time...

During...

It might ask something to get up early morning and be ready for another day. But after a few days of hiking you realize each day holds something different - each one feels like a chapter on its own with wonderful variation in terrain, view and experience. And yet all finely balanced and interlinked.

After...

Impossible to take in and process the richness and vastness of place and experience only once. Needless to say, we will just have to return at some point..

Impact...

Long after the sore muscles have recovered and the dust has been washed away, the impact of the journey remains. Hiking for Hope is about more than completing a challenging trail—it is about creating hope for vulnerable children. Every step taken helped raise awareness of their needs and the vital work of the children's home.



BECOME A MONTHLY PARTNER

HELP US GIVE VULNERABLE CHILDREN
A SAFE PLACE TO CALL HOME

Please complete the debit order form below and send it back to admin@huismaerua.org to become a monthly partner in changing the lives of vulnerable children.

PERSONAL INFORMATION

Name:

Surname:

Email:

Contact Nr:

BANK DETAILS:

Bank:

Acc Nr:

Branch code:

Effective Date:

N\$.....

Donation Period (months).....

Signature:

Date:

WINDHOEK CHILD PROTECTION ASSOCIATION

Bank Windhoek Maerua Mall

Account Nr: 1027392233

Branch Code: 483-872

BEING A SOCIAL WORKER MEANS:

You will never be bored.

You will always be frustrated.

You will be surrounded by challenges.

So much to do and so little time.

You will carry immense responsibility and very little authority.

You will step into people's lives and you will make a difference.

Some will bless you.

Some will curse you.

You will see people at their worst and at their best.

You will never cease to be amazed at the people's capacity for love, courage and endurance.

You will see life begin and end.

You will experience resounding triumphs and devastating failures.

You will cry a lot.

You will know what it means to be human and to be humane.



FirstRand
FOUNDATION