

HUIS MAERUA NEWSLETTER

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PREPARING FOR THE FISH RIVER CANYON ADVENTURE

HIKING FOR HOPE —22 TO 28 AUGUST

In just three weeks, a group of girls from Huis Maerua Children's Home will embark on what promises to be a life-changing adventure as they descend into the breathtaking Fish River Canyon.

Excitement is building every day as the girls prepare themselves physically and mentally for this unique experience. Training sessions have become much more than simply getting fit for a hike. They have created opportunities for meaningful conversations, personal growth, and deeper connections between the girls and their caregivers.

This adventure is about more than reaching a destination. It is about building character, fostering teamwork, overcoming challenges, and creating memories that will last a lifetime.

As preparations continue, there are still a few important needs that must be met. We are currently seeking donations of fuel vouchers to assist with transportation costs, as well as hiking boots to ensure that every participant is properly equipped and safe on the trail.

If you would like to contribute towards this meaningful initiative by sponsoring a girl, please contact the Huis Maerua office for more information at 083 332 5030 or admin@huismaerua.org

Sometimes the greatest journeys are not measured in kilometres, but in the confidence, courage, and hope gained along the way.

WINDHOEK CHILD PROTECTION ASSOCIATION

Bank Windhoek Maerua Mall • Acc. Nr: 1027392233

Branch Code: 483-872



WANNEER "ONGEHOORSAAMHEID" EINTLIK 'N HULPKREET IS

OM 'N KIND MET ODD IN 'N KINDERHUIS GROOT TE MAAK

Wanneer 'n kind uitdagende gedrag toon, word hul dikwels vinnig as "stout", "hardkoppig" of "ongehoorsaam" bestempel. Wat baie egter nie besef nie, is dat daar soms veel meer agter hierdie gedrag skuil.

Oppositional Defiant Disorder (ODD), of Opponerende Uitdagende Versteuring, is 'n gedragsversteuring wat veroorsaak dat 'n kind voortdurend gesag uitdaag, maklik kwaad word, argumenteer, reëls teenstaan en soms doelbewus ander irriteer. Hierdie gedrag is nie bloot 'n fase of swak dissipline nie, dit is 'n erkende toestand wat professionele ondersteuning en baie geduld verg.

Die daaglikse uitdagings om 'n kind met ODD in 'n kindershuis groot te maak, is enorm. Waar 'n ouer in 'n gesin op een kind kan fokus, moet versorgers in 'n kindershuis dikwels terselfdertyd na baie kinders omsien. Wanneer een kind voortdurend reëls uitdaag, woede-uitbarstings het of konflik veroorsaak, beïnvloed dit die hele huishouding. Versorgers moet kalm bly wanneer hulle herhaaldelik uitgedaag word. Hulle moet konsekwent wees met grense, sonder om in magstryde betrokke te raak. Elke dag verg ongelooflike emosionele energie, want kinders met ODD toets dikwels dieselfde grense oor en oor.

Daarby kom nog die uitdagings by die skool. Hierdie kinders ervaar dikwels konflik met onderwysers en maats, sukkel om instruksies te volg en loop die risiko om akademies agter te raak. Daarom werk Huis Maerua nou saam met opvoeders, terapeute en ons maatskaplike



werker om vir elke kind die beste moontlike ondersteuning te bied.

Kinders wat seergekry het, het volwassenes nodig wat konsekwent, geduldig en liefdevol bly, selfs wanneer hul gedrag moeilik is. Hulle moet leer dat grense veilig is en dat volwassenes nie gaan wegloop wanneer dinge moeilik raak nie. Dit verg tyd, opleiding, professionele ondersteuning en dit verg hulpbronne.

By Huis Maerua glo ons dat elke kind meer is as sy of haar diagnose. Agter elke uitdagende gedrag is daar 'n kind wat smag na veiligheid, aanvaarding en liefde. Wanneer ons verder kyk as die gedrag, ontdek ons dikwels 'n jong hart wat nog leer om weer mense te vertrou. Ons nooi die gemeenskap om saam met ons hierdie kinders te ondersteun. Deur gebed, finansiële ondersteuning en begrip help u ons om 'n omgewing te skep waar selfs die kinders met die grootste uitdagings die geleentheid kry om te genees, te groei en hul volle potensiaal te bereik.

Want elke kind verdien iemand wat nie opgee nie.



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WHEN ART TOUCHES HEARTS

HOW GOD TURNED A DIFFICULT SEASON INTO A NEW CALLING

- Barbara Christine von Marschall

I was born in Angola and, at the age of fifteen, had to leave my homeland in 1975 because of the war. Later, I trained as a children's nurse in Germany, where my love for art was rekindled while working creatively with children.

In 1983, I moved to Namibia. Many years later, my life changed when I was diagnosed with multiple sclerosis. I had to give up the profession I loved. During this difficult time, God gave me new hope. He reminded me of the gift He had placed within me—the gift of art.

Art slowly helped me rebuild my life. I attended courses in colour therapy and worked creatively with both children and adults. Along the way, I explored many different art forms, including sketching, collage and scrapbooking. Every experience enriched me.



Today I paint watercolours and acrylics inspired by Namibia's beautiful wildlife and landscapes. But my greatest joy is guiding children on their own creative journey.

Children create without fear of being judged or compared. They freely express their thoughts,

feelings and dreams on paper. It touches my heart to watch them grow in confidence, connect with their inner selves and sometimes even find healing through art.



For children who have experienced trauma, art can become a safe voice when words are difficult to find. Through drawing, painting and creating, they are able to process emotions, reduce anxiety, and make sense of painful experiences in a gentle, non-threatening way. Every brushstroke and colour becomes part of their journey towards healing, hope and emotional restoration.

The most beautiful part is that I do not only teach the children—they teach me too. Their imagination, honesty and joyful creativity continue to inspire my own paintings.

For this, I am deeply grateful. I believe that every gift God gives us shines even brighter when we share it with others.

Thank you to all my artists, young and old. You make my world a little more colourful every day.

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BOU SAAM AAN HOOP

Elke bydrae bring Huis Maerua nader aan 'n professionele gazebo vir fondsinsamelingsgeleenthede. Saam kan ons meer mense bereik en meer kinders ondersteun.

BANKBESONDERHEDE:

Windhoek Child Protection Association

Bank Windhoek - Rekeningnommer: 102 739 2233

Tak: 483 872 - Verwysing: Gazebo



HUIS MAERUA
Maak 'n Verskil.



083 332 5030 • admin@huismaerua.org

KINDERHUISSENKINGSBOKS



ELKE ITEM WAT JY GEE, HELP ONS OM:

- In die daaglikse behoeftes van die kinders in ons sorg te voorsien.
- Lewensbelangrike programme te onderhou wat genesing, groei en opvoeding bevorder.
- Geld in te samel deur ons liefdadigheidswinkel om langtermynondersteuning te verseker.

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Notice of Annual General Meeting (NGO)

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

DATE: 4 August 2026

TIME: 14:00

VENUE: Boardroom at 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

