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Making a difference, one doughnut at a time!

Dear NOAH supporter,

I have been thinking. I want to be active and independent for as long as possible when I am older... Surely that has to be first prize? Surely that is what most people wish?

But sadly, for a growing number of people, the chances of remaining independent with any kind of dignity is not a guarantee. Isolation, ill health, poor nutrition and limited funds are all barriers to realising this wish.

This is a dire situation but I want to tell you that NOAH offers a solution. By providing a secure roof over the heads of our residents, an excellent health service and opportunities to socialise, NOAH helps social pensioners to remain active and independent, with a sense of purpose and fulfillment, despite their monthly income of R1780.

At NOAH, we believe that all our members, regardless of their circumstances, have control over their lives and can improve their quality of life.

Take Dulcie, Diane and Brenda who live at Ida Burgers' House in Elsies' River. Safe in the knowledge that their basic needs are met, they now wish for greater independence and opportunity. They want to buy new couches for their lounge and take all their housemates on a trip to Caledon. And they are not waiting for someone else to make it happen!

Instead, their plan is to raise the funds needed by selling home-made samoosas, doughnuts and pies to friends and family, at flea markets and various local shops. There is just one small hurdle before they can get going: **they need a small chest freezer to store their ingredients since they want to buy in bulk to reduce costs.**

A small challenge, really, which is why I am asking for your help. **Please contribute to this positive initiative by donating towards the purchase of a chest freezer.**

What is more, word has got around and the residents of NOAH's Athlone home have decided to do the same thing - so, we actually need two small chest freezers! What an uplifting way for you to make a difference.

We will keep you posted of their progress, one doughnut at a time, and hope that we will all have an opportunity to sample their home-made delights!

Thank you for reading this letter.

Anne Dobson
Director


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