We have had an incredibly eventful 2014, from eye doctor clinics, dental campaigns and GP visits to building a crèche and feeding 2300 children daily. We have chosen some of these stories to share with you and hope you will enjoy reading them.

The Momentum 947 Cycle Challenge took place on Sunday and our cyclists managed to complete the race, some only took 3.5 hours to do so. Well done team!

Thank you for your support this year, the Flying for Life team trusts you will have a restful festive season filled with love and sweet memories as you celebrate with friends and family.

Donate via Snap Scan
1. VISIT: www.getsnapscan.com and download the app via The App Store, Google Play or BlackBerry World.
2. SNAP: Open SnapScan and use your phone’s camera to scan the SnapCode opposite these instructions
3. DONATE: Enter the amount you want to donate and confirm payment with a 4-digit PIN.
4. GO: That's it. You're done.

What’s Inside?
- Christmas gift ideas
- Healing through our Eye Doctor Clinic
- Dental hygiene campaign for the youth
- Thsumisano - Working together
- Adopt a creche

Christmas gift ideas
Choosing the right Christmas gift for a loved one can sometimes be a daunting task, especially if they have “everything”.

This year we are giving you the opportunity to donate to our work as part of your loved ones Christmas gift. On the last page of our newsletter you will find three different cards that you can fill in with the amount you donated towards Flying for Life as well as a place to fill in a personalised message before giving it to your loved one.

Please use your initial, surname and pressy (“N.SurnamePressy”) as your reference when depositing into our bank account.
According to the World Health Organisation, in order to prevent blindness there needs to be at least 3000 cataract surgeries performed for every million people in an area. The Vhembe District has a population of 1,302,113 - Census 2013.

On Saturday 16 August, a team of three ophthalmologists and two nurses flew from Lanseria Airport to the Vhembe District of Limpopo. The aim was to complete cataract surgery on twelve patients, as well as two more complicated eye surgeries.

This is the story of Mbulaheni Mukhwevho, a recipient of one of the more complicated eye surgeries who doesn’t know his age as he never received formal education. He had been to Donald Fraser Hospital (DFH) twice, but both times he was turned away as his eyes needed complicated surgery that could only be performed by one of our volunteer ophthalmologists, Professor Polla Roux.

On this particular trip Prof Roux drove from Johannesburg to DFH because he was delivering a new Sovereign cataract remover machine which he donated to the hospital.

When he finally arrived at the hospital it was almost 3pm and the rest of the team who flew with us had to leave because the runway doesn’t have lights and it’s unsafe to take off after dark. At this point Mbulaheni had been told once again that he wouldn’t be able to have the surgery, as Prof Roux was the only person who could perform it. Mbulaheni was very disappointed, since he lives a great distance from the hospital and was completely blind in his one eye.

As the team was about to leave Prof Roux walked into the hospital with the new machine and when he said he would stay to perform Mbulaheni’s surgery, there was a great deal of excitement and the news brought Mbulaheni to tears.

Prof Roux took approximately 20 minutes to perform the surgery which has changed Mbulaheni life forever.
Dental hygiene campaign for the youth
On Thursday 18 September Dr Daan Eksteen, a retired dentist, and Amorie Booysen, an oral hygienist from Smile of Joy, flew with us to Donald Frazer Hospital as part of its Dental Campaign. Their goal was to impart knowledge regarding oral hygiene and to impact at least 100 children from the local village.

Whilst at DFH Dr Eksteen and Amorie showed two short motivational videos set at primary school level and Amore did a demonstration on how to brush teeth. After this the children were given earbuds to dip into plaque disclosing solution and were encouraged to paint each other’s teeth.

When the children were handed mirrors there were gasps of horror and laughter as they saw blue paint on their teeth which was followed by a mass tooth brushing session outside. As each child filed out of the hall, he/she was handed a toothbrush, tube of toothpaste and a cup filled with water. Then the brushing started in earnest and there were peals of laughter, white foamed mouths, and bright smiling faces and vigorous actions of brushing as each child wanted to outdo the other. Amorie, Dr Eksteen and the volunteers helped the kids use the correct brushing techniques.

Although the infrastructure at the Dental Department at the hospital needs upgrading to meet the needs of the village, it was a day well spent in educating the kids in oral health and general dental awareness. The smiling faces made it all worthwhile.

Dr Eksteen says his lasting memory was when a small child who, wordlessly, grabbed him around the legs and held on for dear life to show his appreciation.

A special thanks to the following sponsors who made this day special:
1. Amorie Booysen from Smile of Joy and her educational material and time.
2. The sponsor of the mirrors, crayons and toothbrushes.
3. Sensodyne for the toothpaste
4. Oral B for the lip ice
5. Colour-in-pictures, stickers and support from SADA.
6. Colgate in direct support to the volunteers with toothpaste, brushes and T-shirts.

BANKING DETAILS
Flying for Life
Standard Bank Fourways crossing
Branch Code: 009 953
Account number: 0233 81922

Reference: Please use your name and surname as your reference as well as the project you are donating to
Thsumisano - Working together

Tshumisano was created due to many requests from people wanting to volunteer with Flying for Life in a practical way.

Tshumisano is the Venda word for working together and what better way to make an impact in a community then by working together with other people and organisations.

The Tshumisano volunteer project is due to start in 2015 where church groups, individuals or corporates can spend time in the Vhembe District of Limpopo. Areas where groups and individuals can get involved in include; building crèches, planting vegetable gardens, assist the Early Childhood Development Teachers, building relationships with the locals, running holiday programmes for the children, assisting with enterprise development and restoring a sense of hope to the community.

If you would like to get involved please email Esther on info@flyingforlife.co.za or complete the form on our website: http://www.flyingforlife.co.za/tshumisano.html

At the beginning of 2014 we started a partnership with Joint Aid Management (JAM) to provide 53 crèches with a nutritional breakfast every morning, many of these children would normally only eat two meals a day with a very low nutritional value. In order for children to grow and develop, they need food that will help sustain them throughout the day.

Vhembe is very rural and many of these crèches do not have suitable, safe facilities; brick buildings; toilets; water; tables; chairs; proper play areas; and so much more. The communities make do with what they have especially when it comes to teachers, many of the teachers do not have any form of ECD education and become caregivers instead of educators. We have started a relationship with Love Trust, a non-profit organisation with an existing Teacher Training program, who will adjust their current program to make it suitable for the local environment before implementing it. Training will be conducted on a weekly basis at an equipped centre and will take approximately 18 to 24 months to complete. The training materials provided are SAQA (South Africa Qualification Authority) approved and all students (teachers) who successfully complete the course will have a nationally recognised qualification for the practice of ECD education. Once the teacher training has taken place the crèche will be resourced with the necessary materials to enable and promote development.

Instead of focusing on one problem area in a crèche at a time, and having sustainability in mind, we are approaching individuals, churches, schools and other potential donors to ‘Adopt a Crèche’ and help bring the crèche up to a level where the children are in a safe secure environment, and able to learn and grow.

If you are interested in adopting a crèche please send us an email on info@flyingforlife.co.za or contact our office on 011 659 2880
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Dear: ____________________________

As part of your Christmas gift this year I donated R_______ to Flying for Life so they can take help, hope and healing to those who need it most.

__________________________________________

With Love: ____________________________

Merry Christmas

Joy to the world, the Lord is come

Dear: ____________________________

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__________________________________________

With Love: ____________________________

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__________________________________________

With Love: ____________________________________