

WHAT'S NEW IN PLETT 31 JULY 2025



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aka Est 1983

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Bitou Victim Support

Over the past few months, Bitou Victim Support (BVS) and A21's A-Team Plett have been planning and coordinating the renovation of the Comfort Room at Knysna Provincial Hospital. This past week, the project came to life as the various teams from our generous sponsors completed their installations on site — turning a vision of hope into a tangible reality.

This special room serves victims of sexual offences who report their case at SAPS. Once a case is opened, the FCS Unit (Family Violence, Child Protection and Sexual Offences) is activated, and the victim is taken to hospital. While waiting for the necessary procedures — including file processing, medical examination, and interviews — the victim waits in the Comfort Room.

Previously, this space looked and felt like a standard hospital room, often amplifying the trauma already being experienced. Our goal was simple but vital: to create a space that feels warm, calm, and safe — one that honours the dignity and emotional wellbeing of those who need it most.

Bitou Victim Support not only initiated this project — they also continue to walk closely with victims and their families through each step of the journey. From the moment of reporting, through hospital care and legal proceedings, to counselling and long-term aftercare, BVS offers consistent and compassionate support.

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We salute the BVS team for their tireless advocacy, dedication, and deep care for survivors of child abuse and gender-based violence. Partnering on this project has been a privilege — and a powerful reminder of the strength of community when we work together for safety, justice, and healing. A heartfelt thank you to all our amazing sponsors. This space would not exist without you:

* Dulux Plett — paint & supplies. * Plett Home Maintenance — painting & general support. * Jireh Custom Interiors — cabinetry & installation. * Easigrass Garden Route — artificial grass. * Curtain Magic — curtain, rail & installation. * Metelerkamp — small appliances. * Jacques van der Merwe — custom-made sand table

* Nolans Plett & Rug n Tile Plett — rug

* Gerda Wentzel — side table

We also extend our heartfelt thanks to Dr. Brink, the hospital management, and all staff for your kindness and collaboration throughout the process. Your compassion makes a difference every day.

Here's to creating more spaces where people feel seen, supported, and safe.

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FLORENCE seeks domestic work ref avail call 063 181 2088

BANACE is looking for a job as a caregiver call 072 230 1471

MARTHA seeks domestic and baby sitting work for 3 days a week with 6yrs exp and ref avail call 065 917 9590

GRACE is looking for a job as a housemaid for 3 days a week or hair dressing or baby sitter 8yrs exp and ref avail 068 669 9860

TENISHA is looking for a job as a house-cleaner or nanny 2yrs exp 069 7355 619

PRECIOUS is looking for a job as a house-keeper I'm from Zim call 074 055 4841

NANCY ELLAH is looking for a job as a domestic worker and baby sitter call 060 1172 692

GEORGE Malawian is looking for a job as a gardener and painting call 065 703 4202

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INNOCENT is looking for a job as domestic work, gardener, painting, maintenance and waterproofing call 078 992 5807

GODFREY is looking for a job as a plumber, painting, maintenance, car polish and gardening call 071 997 8054

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In the words of the Woodridge College Psychology Team...

"With great power, comes great responsibility" (many thanks, Voltaire!). This notion is a resounding echo in the life of a developing teenager. For better or worse, it is a rite of passage that all youngsters must navigate in order to embrace adulthood on their own terms.

For adults who have successfully navigated this passage, the lesson has likely included the wisdom that in order to become responsible, you must come to know the inherent power that comes with your innate potential to respond—a power that can both construct or destroy in equal measure!

How you use that power is affected by your sense of belonging and contribution to your community (both humanity and closer to home), the influence of the environment you have developed in, and perhaps most impactfully, by your ability to imagine or desire a world being left better or worse due to your influence in it. Responsibility, to the developing brain, is a skill best learned through experience and repetition. A first step in the process of becoming more responsible is taking ownership of our response-ability! The young brain has significant amounts of development to go through during the school years. Its initial strengths eventually become weaknesses when having to navigate the evolving expectations of the schooling environment.

The more structured support and "scaffolding" a child's environment provides, the greater the opportunity and speed with which a young brain can develop.

Initially, the young brain is really skilled in functioning for survival. Its strengths in the early years of development include survival instincts, quick responses, sensitivity to environment, intense emotional responses, living in a world of imagination, high energy, being easily stimulated and an "easy come – easy go" attention span. In short, little thought is given to its response-ability.

On the other hand, its weaknesses include problem solving, emotional control, focus and impulse control, task initiation, planning and prioritisation, organisation, time management, defining and achieving goals, as well as stress tolerance.

At school, your teen may need to navigate a number of stressors, while learning about their personal strengths and weaknesses.

All of these challenges require your teen to develop the very skills they are likely the most underdeveloped in. Learners venturing through high school territory are navigating the developmental challenge of "identity vs role confusion". This challenge poses the question "who are you and how do you practise responsibility for yourself?"

Teens who successfully navigate this challenge are likely to experience greater commitment to their visions and goals, trust in their abilities (knowing how to manage their strengths and weaknesses), a sense of independence, and better self-management.

Teens who struggle with this stage of their development are likely to be at risk for confusion as to their sense of self and commitment to future goals, avoidance of responsibility, misuse of their independence, along with difficulty taking responsibility for themselves and their role within the world and relationships around them.

Teens who are not yet confident or competent in their abilities to navigate new challenges in their development may be at risk for emotional distress. This may present as heightened levels of anxiety relating to fear, overwhelm, confusion, and frustration, which may result in resistance to independence or responsibility. Along with these, you may notice increased conflict with your teen and a negative impact on their self-esteem.

There are numerous strategies to support developing your teen's sense of "response-ability" to school life and its demands. This includes building emotional resilience, increasing their competence, and nurturing their self-confidence in approaching and managing learning and developmental challenges with greater independence.



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01 Aug - Mitchell Da Fonseca ; Nicolene Gainsford ; Sonja Von Poncet ; Tracy-Ann Roman ; Louise Auersperg ; Claire Mason
2 August - Blanche McClean ; Graham Anley ; Lorrain Olivier

3 August - Greg Lucas ; Shaylee Westhead ; Nicky Durand

4 August - Taig Solomon ; Chad Gibson ; Jacques Windvogel ; Stuart Palmer ; Alyssa Thomson ; Corey Hyde ; Vairenay Snyman

5 August - Maggie Ubsdell ; Martin Wolfaardt ; Ruduwhan Plaatjies ; Luné Snyman

6 August - Bridgit Hodges ; Bertha Ollemans ; Viv Roux

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Plett Shark Spotters

It's that time of year again when we start keeping our eyes peeled for the arrival of white sharks in Plettenberg Bay! In 2024, our first sighting was in May, with activity peaking around September. Robberg remains a truly special place, one of the few spots where you can witness these apex predators cruising just metres from shore, right alongside the mountain. Recently, four white sharks were tagged along the east coast and eight in Mossel Bay. Shark Spotters are now operating daily from 07:00 to 18:00 at five beaches: Lookout Beach, The Wedge, Central Beach, Robberg 1, and The Wreck. Lifeguards will raise the white shark flag if a shark has been seen within the past hour.

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Strandloper Project

Marine Wildlife Strandings in the Garden Route.

If, while enjoying your time on the beach and shoreline, you encounter a stranded species of marine wildlife, please contact your local Marine Stranding organization.

WHAT TO DO IF YOU FIND A TURTLE.

1) Do not return it to the ocean. It has stranded as it is either weak, ill, tired or has ingested plastic. 2) Do not place it in a container of water. Turtles are air breathing and can drown if weak and tired. 3) Keep it in a dry, ventilated and room temperature box, preferably placing the turtle on a towel. 4) Contact the turtle rescue number or the local marine stranding organization. 5) Get a location pin

WHAT TO DO IF YOU FIND A LIVE SEAL.

1) Do not try and chase it into the water - it is either tired, undernourished or weak and wants to rest. 2) Create a safe zone around it and prevent dogs and crowds from approaching it. 3) Call your local marine stranding organization. 4) Take a location pin to share with the rescuers.

WHAT TO DO IF YOU FIND A PENGUIN

1) Do not try and chase it into the water - it is either tired, undernourished or weak and wants to rest. 2) Create a safe zone around it and prevent dogs and crowds from approaching it. 3) Call your local marine stranding organization. 4) Take a location pin to share with the rescuers. 5) After you have spoken to a marine animal rescuer, and they request you to collect the Penguin, follow their instructions on how to handle it and where to take it. Please be aware that they have extremely sharp beaks and need to be handled with care and cautiously.

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WHAT TO DO IF YOU FIND A DOLPHIN

1) Check for any obvious injuries. 2) Report to the local marine stranding organization and provide a detailed report of condition and location. 3) Unless advised

AGS PLETTENBERGBAAI



Pastor Bennett Brazer

WAAR: Unit W6

Plett Airport
Business Park,
Robberg Road, Plett

TYD: 10h00

Kontak: 083 450 2461(of)
Marlize Jacobs: 083 432 3186

by the stranding organization, do not attempt to return the dolphin to the ocean. Keep it cool by placing wet towels over it

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Being Encouraged

A few thoughts on ACCOUNTABILITY
Whether we like it or not, we are
accountable and responsible for our actions.
So much is being said and written about
individual rights in our society. We are
brainwashed into believing that we have the
right to this and to that and can basically do
whatever suits us. This is true to a certain
extent, but we are also accountable for our
conduct. We cannot just do as we like. We
can exercise our rights in society, but we
also need to be accountable to God and to
other people.

Being free in Christ as new creations –
YES! But remember that we have become
children of a holy God and must act
accordingly. We must not turn our freedom
or liberty into a license to act as we please.
We need to help each other as we are often
just like sheep and have the tendency to go
astray. One way to address this situation is
to find a friend who is walking close to the
Lord and whom you hold in high esteem.
He can help you by holding you accountable
for your daily walk with the Lord. Nobody
likes to admit their shortcomings. Being
accountable to another person helps you as
a safeguard with checks and balances in
place. This is particularly helpful in areas of
life where we have weaknesses.
Christians are not meant to go it alone in
life. We need to look out for each other; to
encourage one another to stay the course
as we read of Barnabas in the Bible, and we
need to bear each other's burdens amongst
other things.

Here are some verses that speak of our
accountability for the here and now, but also
for the future.

Romans 14:12 "So then each one of us
shall give account of himself to God".

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2 Corinthians 5:10 "For we must all appear
before the judgment seat of Christ, that
each one may be recompensed for his
deeds in the body, according to what he has
done, whether good or bad".

The above two verses remind us that we will
be required to give an account of ourselves
to God in a coming day.

Proverbs 27:17 "Iron sharpens iron, so one
man sharpens another".

This verse reminds us that it is a great help
having Christian friendships.

Yours in Him, Mark Sewell

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Offers Life-Changing Counselling Course for Volunteer Counsellors
For those with the passion to help others and the time to learn, a remarkable opportunity awaits. FAMSA (Families South Africa) Knysna/Plettenberg Bay/Sedgefield, a trusted name in strengthening families and communities, is offering a comprehensive counselling course that equips volunteers with the skills to support individuals through life's most challenging moments. The course, which is both transformative and practical, is open to individuals who are ready to dedicate their time and heart to making a difference. Designed with both theory and hands-on experience, this training prepares participants to become FAMSA volunteer counsellors — capable of providing emotional support, guidance, and practical tools to those in need. "We believe that anyone with empathy, commitment, and time can become a powerful force for healing," said Karin, Director of FAMSA Knysna. "This course doesn't just teach counselling techniques — it shapes

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compassionate listeners who can help others rebuild their lives." Participants learn about trauma support, relationship counselling, communication skills, crisis intervention, and more. The program includes supervised practical sessions, group work, and regular feedback, ensuring volunteers are confident and competent by the time they begin their service. Graduates of the course not only gain invaluable skills but also join a community of dedicated volunteers who are changing lives every day. Whether you're looking to give back, explore a new path, or grow personally, this course is a stepping stone to meaningful impact. One of our volunteer counsellors says: We give our clients this safe place (counselling room), we peel back the layers to their gold centre and we are witness to their struggles ... past and in recent years. It is a privilege to walk a little way with our clients ... we walk them to a place of healing. ♥ FAMSA is encouraging all interested individuals to apply early as spaces are limited. If you have the time to learn and the heart to help, this may be your moment to make a real difference. For more information or to apply, contact FAMSA at trainingknysna@famsa.org.za or visit our website: <https://famsaknysna-plett.org.za/>.

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