



CASA NEWS

No 146, June 2026

Casa Caritas is a Home that provides loving care and stimulation, either full-time or part-time, to people with severe intellectual and physical disabilities within our care protocol.



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<https://www.facebook.com/profile.php?id=61552208365616>

Acting Chief Executive Officer: Adri Kruger 072 107 1989

Parent Representative: Claus Coetzee 079 506 9089

Newsletter Editor: Olga Coetzee 082 454 2140

Welcome back Sister Bonggi

The vacancy for a registered nurse has been filled at last.

We are please to announce the return of Sister Bonggi Ndlovu who previously held this position between July 2021 and April 2024. She is remembered for the daily joy she spread dancing and playing with our residents.

Welcome back, Sister Bonggi. We hope to keep you forever this time! Let's dance again!



Miss Casa Caritas

Mona from **Figures Models** launched this fund-raising pageant in support of Casa Caritas. It is an inspiring initiative focused less on glamour, more on compassion and community service.



Mona brought Ms Pinto and learners from Hoërskool Kempton Park to see Casa Caritas. They are also making our Home their project of the year.

All Kempton Park schools are invited to participate.

Hoërskool Kempton Park!

Our first partnering school for the Miss Casa Caritas Fundraiser!



Also launching their own initiative to assist Casa Caritas with other needs!



International Day of Play

The International Day of Play is celebrated annually on June 11th. It is recognized by the United Nations to highlight the fundamental right to play. The 2026 theme was 'Protect play, protect childhood' and it focused on the critical role of play in children's health, learning, and development. Casa Caritas celebrated the day on 10 June 2026 by taken residents outside and having loads of fun with them.



Chris-Jan



Cheressa with Lilian



Angelique and Stiaan with Thembi



Kurrhula



Jason with Sister Bongi and Lilian



Ronelle



Johan



Fun in the winter sun

Well done, Rosita!

Board member Rosita Otten completed the Comrades Ultra Marathon in a time of 10 hours and 26 minutes. Well done, we are proud of you!



New sitting bags

We have had new sitting bags made to safely secure residents with low/unstable muscle tone in their wheelchairs. Archie is shown in his sitting bag below.



Life at Casa Caritas

Residents enjoy dance and massage therapy times.



Reagan dancing with Margaret



Stiaan dancing with Nthabiseng and Sister Bongi



Thembi giving Warrick a massage



Aimee receiving a massage from an Arwyp student





Mandela Day



Interesting Fact

Casa Caritas takes care of 34 residents and 4 day visitors that require full time care.

Wishlist

TOILETRIES

Bath Towels, Linen, Body Lotion, Baby Powder, Aqueous Cream, Shampoo, Conditioner, Toiletpaper, Vaseline, Toothpaste

Office & Maintenance:

Acrylic PVA Light Gray Paint, Printer, Shredder, Office Chair, TV, Wall Clock

KITCHEN

Utilities:

Bread Knives, Serving Spoons, Frying Pan, Industrial Blender, 4 Burner Gas Stove

Groceries:

Flings, Cheese Curls, Rice, Stamp Mielies, Long Life Milk, Oats, Corn-Flakes, Weet-Bix, Sugar, Salt, Tea, Coffee, Mealie Meal, Any Non-Perishables



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www.casacaritas.org.za
072 107 1989 / 011 976 3457

Section 18A Tax Certificates
Available for Qualifying
Donations

Fundraising Number:

003 001 180 006

NPO No: 001-893 NPO

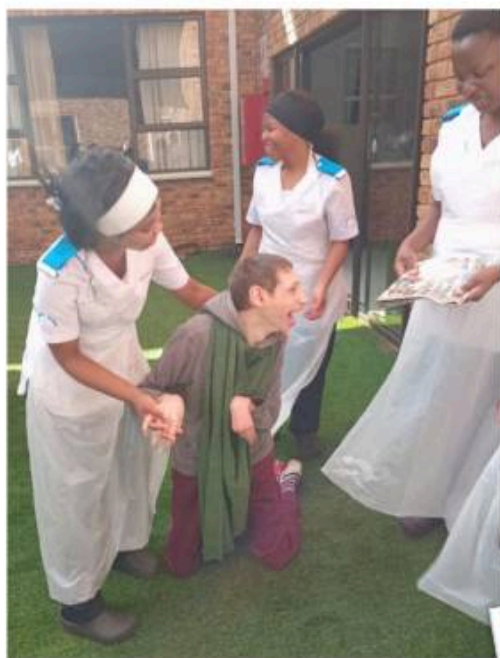


Snap here to pay

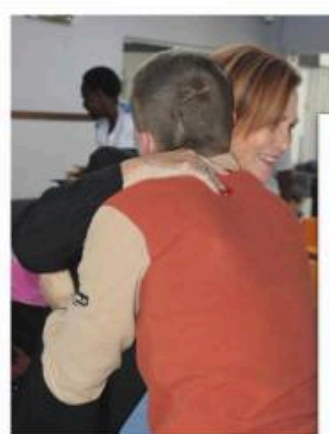
SnapScan

Happy Birthday, Arwyp Medical Centre!

Arwyp Medical Centre celebrated their 40th birthday with a visit to Casa Caritas by Dr De Villiers and students from Arwyp Training Centre.



Students playing with Danny



Donovan giving
Dr De Villiers a hug



A student playing with Stiaan



Thank you

We received a large donation of potatoes from Solidariteit, shown by Busi and Salaminah (right). Thank you very much!



SOLIDARITEIT

A large fruit donation was also made by Adrihan Kruger from Marco and Grow Fresh Produce Agency. Thanks so much for your regular donations!



**grow
marco**

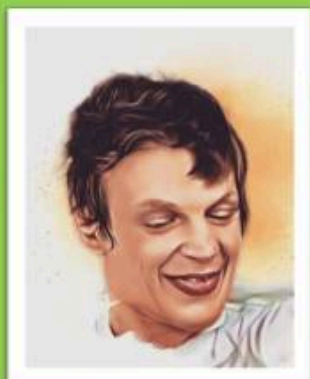
**We appreciate all our kind friends
who keep on delivering for us. We
see in you the fruits of the Spirit!**



Donovan was the first to sample a Naartjie.



Marihona Steenkamp (50)
8 June



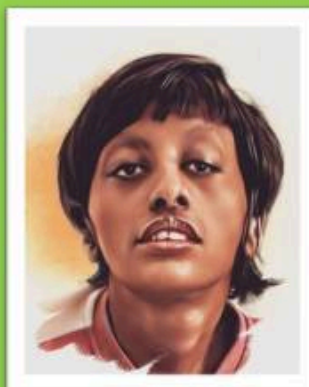
Happy birthday!



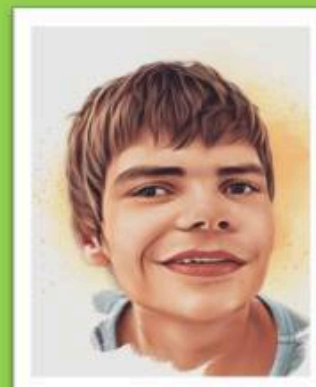
Alma Swanepoel (16)
10 June



Ronele Pubalakan (31)
14 June



Kyle Sutton (25)
20 June



Easy, free charity contribution

My School and Woolworths Rewards cards will be discontinued from 30 June 2026. Donations to Casa Caritas shifts to Woolies My Difference.

We kindly request our supporters to switch. The ±R900,00 per month from this fundraising initiative is sustainable with your help.

To use the virtual card on the Woolworths App:

- Download or update to the latest version of the Woolworths App.
- Log in or register your profile.
- Tap Loyalty at the bottom of your screen.
- Under the Causes tab, search for and select Casa Caritas.
- Scan your virtual card at the till when you shop.

You can also pick up a new physical MyDifference card in-store to keep earning rewards and donating to Casa Caritas. Activate it by calling the Woolworths Customer Service line at 0861 502 050. Link the card to your ID number and register Casa Caritas as your cause. **Keep swiping and tapping!**



SATURDAY RIDE *CHALLENGE*

FOR A PURPOSE *OPEN DAY*

Any donation of food, blankets, nappies, toiletries, clothes, toys or pre-loved items welcome on the **Challenge Ride Day**.

Deliver to the class or contact Willem for more info:

082 413 7368 | 082 376 5205

Enter for just R50 and stand a chance to win a mountain bike proudly sponsored by Cycle Lab.

JOIN NOW >



**SATURDAY
25TH JULY 2026**

VIRGIN ACTIVE K90

*Non-members to please bring their ID Card/ Book

**SIMULATED RIDE, TOURING
ALPE D'HUEZ, A LEGENDARY CLIMB
IN THE FRENCH ALPS**

CLASS SCHEDULES

1st CLASS 06:00 - 07:00
2nd CLASS 07:00 - 08:00
3rd CLASS 08:00 - 09:00
4th CLASS 09:00 - 10:00
5th CLASS 10:00 - 11:00
6th CLASS 11:00 - 12:00

WHO WILL TAKE ON THE CHALLENGE?

- Length: 13.8 kilometers.
- Elevation Gain: 1135 meters.
- Average Gradient: 8.1%.
- Maximum Gradient: 14%.
- Number of Bends: 21.
- Start Altitude: 725 meters.
- Finish Altitude: 1860 meters.



**RIDE INSTRUCTOR:
WILLEM WEIDEMAN
SWEETSPOT**



The Casa Caritas Home for Physically and mentally Handicapped Persons is a non-profit and non-racial organization caring for persons mentally and physically impaired who are unable to be trained or educated.

The Home has been rendering this service to the community since 1973 caring with compassion and dedication.

“

Without the facilities that Casa Caritas offers, these residents would find life unpleasant and unmanageable because of their disabilities.

”

EFT Donations can be made directly to:

Casa Caritas Home

ABSA Bank, Kempton Park
Branch code: 630542
Account No: 260 231 812

Reference: First Name/Company Name_SweetSpot

Please send your POP to:
Willie 082 413 7368



Scan to Pay Online

Advertising opportunity for small businesses and community services

Place your small business advertisement in Casa News for only R50,00 per quarter page or R200,00 per full page.

Casa News is distributed widely to parents, guardians, friends, and previous donors who will notice your advertisement.

Payment to Casa Caritas, Absa Bank, Current account no 260231812, Universal branch 632005.

Send the advert with proof of payment to olga@olgacoetzee.com.

Help us save South African teenagers with suicidal thoughts!

LIGHT · HOPE · LIFE

The Sonneblom Foundation creates awareness of FREE teenage suicide prevention services in South Africa, and also supports the children in the service of these counsellors. Teenagers in distress may text the WhatsApp number for details on the counsellor available 24/7. Save this number on your child's phone and explain that they may use it when they need to, and conversations are kept confidential.

079 6677 034

SONNEBLOM DOT ORG DOT ZA



VOLUNTEER · SPONSOR · DONATE



**Alison Bradfield
Physiotherapy**



Physiotherapy home visits in the East Rand (including Casa Caritas)



Physiotherapy rooms in Edenvale and Boksburg

What are contractures and how can they be prevented?

Contractures are permanent shortenings of muscles or tendons due to severe muscle tightness (spasticity), which can lead to pain, joint deformity and reduced movement and function. **Prevention includes:**

- Daily stretches of tight muscles and joints
- Proper positioning 24/7 to prevent muscle shortening
- Early and regular physiotherapy
- Use of splints or orthotics if recommended
- Medical spasticity management prescribed by a doctor e.g. botox injections
- Encouraging daily active movement

CONTACT INFORMATION

Cell: 083 674 5750

email: therapists@alisonbradfieldphysiotherapy.com

web: alisonbradfieldphysiotherapy.com

VACANT ROOMS CASA CARITAS

**24/7 care for severely
handicapped individuals**

We have vacant rooms for residents and open spaces for day visitors.

Applicants should be both physically and mentally handicapped and they will be evaluated using our care protocol. For most residents Casa Caritas becomes their life-long home away from home.

Apply to ceo@casacaritas.org.za.