



CASA NEWS

No 147, July 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.



(011) 976 3457/3417



PO Box 12405, Aston Manor, 1620



ceo@casacaritas.org.za



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

Chief Executive Officer: Adri Kruger 072 107 1989

Parent Representative: Claus Coetzee 079 506 9089

Newsletter Editor: Olga Coetzee 082 454 2140

Welcome back, Adri!

Adri Kruger returned to Casa Caritas as CEO. Because of her extensive previous experience in the role the transition has been smooth and the work culture is positive and productive.

Adri enjoyed her three years of retirement, but returning to the role she held up to June 2023 has felt right and good and she agreed with the Board to stay as long as it is possible.

All of the best, Adri. We are happy that Casa Caritas is in your capable hands.



Thank you

Tracy from the DA Ward 104, her daughter Bryttany Butler and son-in-law Russell Louw from East Rand Fire made a donation of vegetables on 5th July 2026. Thank you very much!





We were richly blessed on 18 July 2026 by people who responded to the Mandela day call to change the world for the better.



Employees from **Drs Meyer Potgieter and Partners, Centurion Eye Hospital** and **Highveld Eye Hospital** made a large donation of bedding, groceries, toiletries and TV and computer screens. Thank you all very much!



George from **Jars of Hope** and his wife Anita donated chips for snoepie time. Thank you!

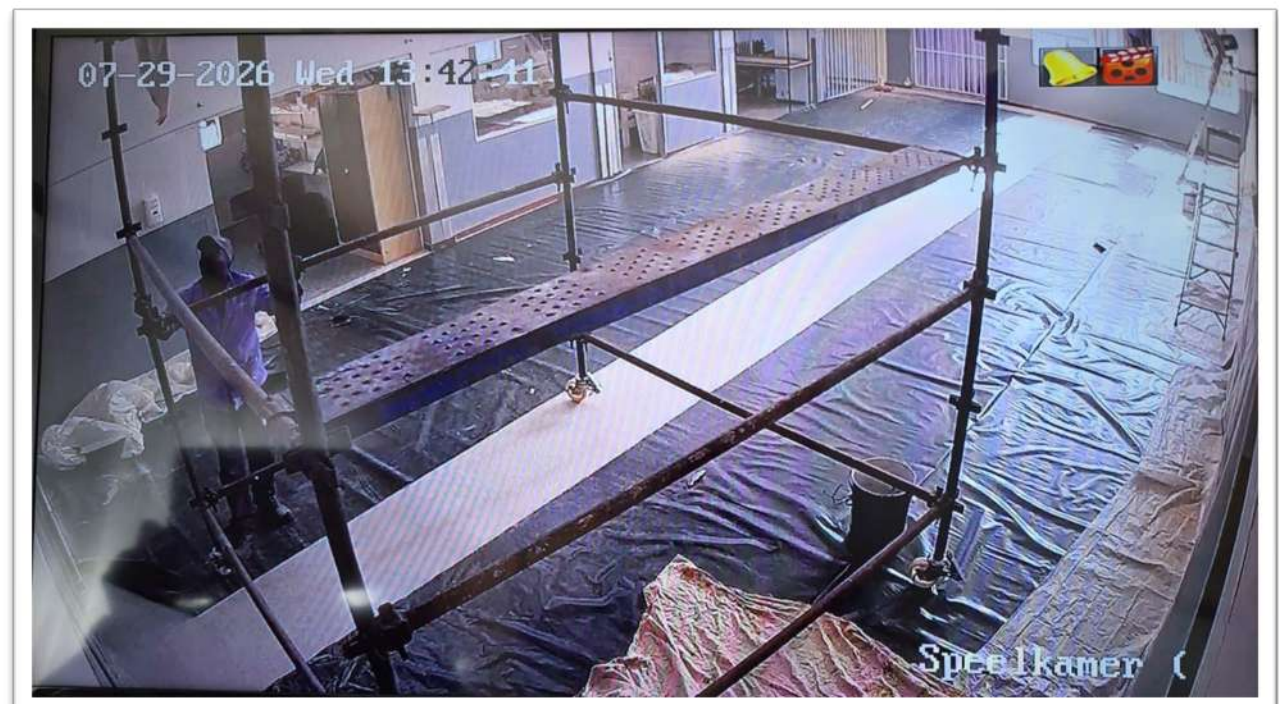
Scoop donated Jars of Hope nutritious soup mixes on Mandela day. Thank you very much!

We are humbled by everyone's generosity!





Stefanutti Stocks made a donation of R88 000,00 towards maintenance of our Home. The photos left show the ramp to our kitchen before and after a safety rail was installed. They painted our playroom too (far below). Yolande and her team brought along groceries (below) and they are sending sandwiches to our residents on Fridays. Thank you for caring and bringing so much joy to our Home.



René and her team from **DP World (Imperial)** donated groceries and toiletries. Thank you very much!



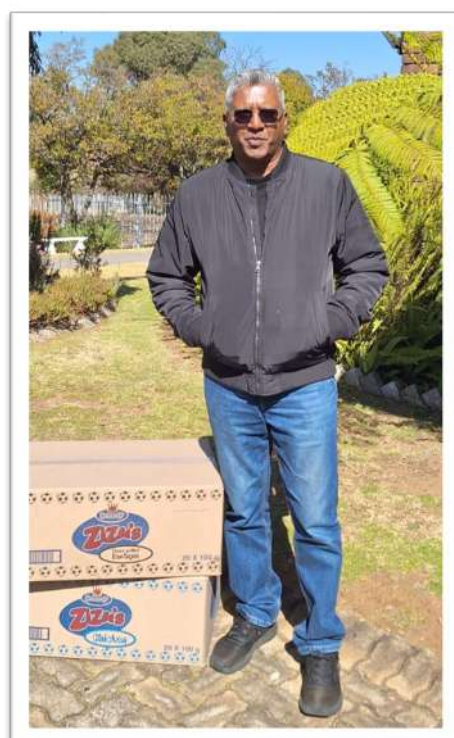
Office humour: Every time someone asks what we need at Casa Caritas, House Mother Rolinda shouts from the back, "Acqueous Cream!". She was overjoyed with the 2 x 20lt Acqueous Cream that DP world brought!



Cranbrook Flavours made tasty sandwiches for our residents. Thank you!



Board member **Mark Naidoo** and his wife **Bunny** brought two boxes of chippies for snoepie times. Thanks, Mark and Bunny, we appreciate the visit!



Cullinan Transport donated groceries. Thank you!



CULLINAN
HOLDINGS LTD
TRANSPORT DIVISION

HYLTON ROSS
EXCLUSIVE ESTATE AGENTS
iKapa
Gauteng

HYLTON ROSS
SALES & RENTALS
SPRINGBOK ATLAS
LUXURY HOMES

Postgraduate
Sales & Finance
On Safari
AFRICA

We have a full pantry and full hearts. Thank you everyone!



Hot 10.7 FM's Hot Cares donated 200 bottles peanut butter and a number of blankets. How thoughtful, thank you!



VACANT ROOMS at 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.

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

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 organisation 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, Keston Park
Branch code: 630542

Sweetspot held a fundraising event for Casa Caritas during which they raised a whopping R120 000! 156 riders participated for 6 full hours and burned 3740 calories to earn their sponsorships for Casa's benefit. Wow, well done! We are eternally grateful!



Darrel Seed, Adri Kruger, Willem Weideman, Neville Carlson and Dirk Truter.

Our staff members were neatly dressed and ready for Mandela Day (below left), as were the office ladies (below right).



"It is in your hands, to make a better world for all who live in it."
Nelson Mandela

Life at Casa Caritas

Ronele loves wearing her wig! Her hands are doing the talking... 😊



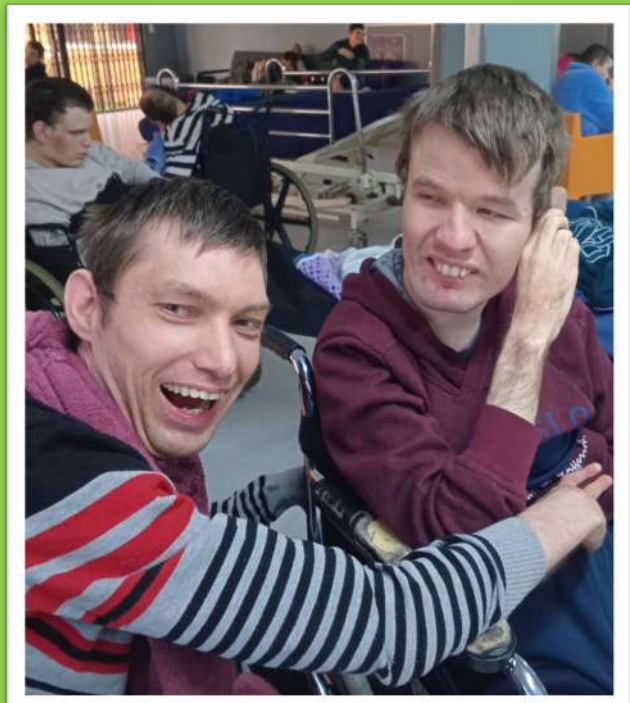
Jason enjoying a moment in the winter sun 😊



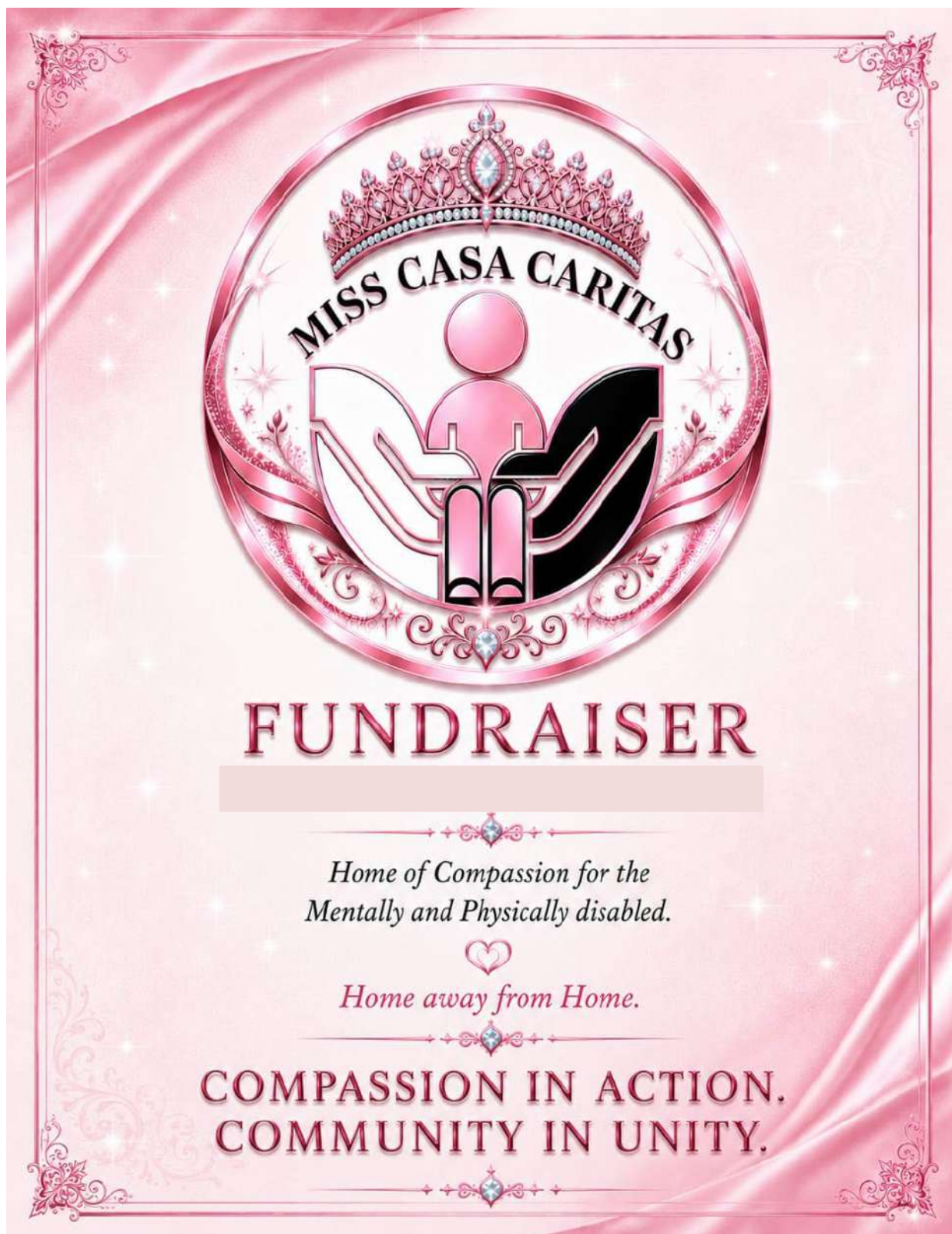
Lizizi with Sarah the physiotherapist 😊



Devon and Wicus sharing a joyful moment 😊



Seeing our residents who have such severe limitations so happy fills my heart with thanksgiving and joy. On behalf of the parents I want to thank everyone at Casa Caritas for what you do every single day to add to the contentment and safety of our loved ones. To the community and business community who so generously help to keep our Home sustainable, God bless you! Claus Coetzee



*Miss Casa Caritas pageant
20 September 2026
Hosted by Figures Models
School girls are invited to participate.*



CASA CARITAS GOLF

2026

Invite

**BE A CHAMPION ON THE COURSE & A HERO FOR OUR
COMMUNITY**

**R4000 PER FOUR-BALL
INCLUDES**

- GOLF CART
- HALFWAY MEAL
- DINNER & PRIZE-GIVING

- MYSTERY SCORING
- LONGEST DRIVE
- NEAREST TO THE PIN

THE LAKES CLUB, BENONI FRIDAY, 2 OCTOBER
SHOTGUN START - 11AM
CORPORATE SPONSOR PACKAGES AVAILABLE

- DINNER & PRIZE-GIVING
- HOLE SPONSORSHIP

MAKE SURE TO BOOK EARLY

072 107 1989
ceo@casacaritas.org.za
www.casacaritas.org.za

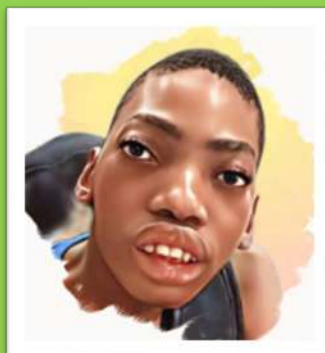
Angelique du Preez (18)
7 July 2025



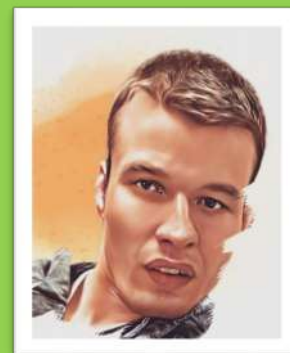
Johan Boersema (34)
8 July 2025



Lizizi Ndima (18)
14 July 2025



Wicus Coetzee (29)
25 July 2025



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!**



CLASSIFIED ADVERTISEMENTS

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.



Wellbeing of a caregiver:

As a caregiver you can't pour from an empty cup, you have to care for yourself first:

- Take regular breaks and accept respite support
- Prioritise sleep, nutrition, and hydration
- Attend your own medical appointments
- Ask for help – you don't have to manage alone
- Connect with support groups or other families in similar situations
- Share responsibilities where possible
- Watch for signs of burnout (fatigue, irritability, low mood)
- Make time for activities you enjoy
- Seek professional support if feeling overwhelmed

CONTACT INFORMATION

Cell: 083 674 5750

email: therapists@alisonbradfieldphysiotherapy.com

web: alisonbradfieldphysiotherapy.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



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