

Foundation opens new world to women



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LILLIAN AMOS

The launch of a new centre in Lavender Hill is set to change the lives of hundreds of women in the area.

New World Foundation opened the doors to their women's centre on Wednesday April 21 and the turnout was a sure sign of the programme's future success.

Over 100 women attended the launch and couldn't wait to get started with the many activities the facility offers.

Facilitator and counsellor Lynette Oliver said the main purpose of the centre is to motivate, support, encourage and create a safe environment for women to go.

"It's basically a walk-in that's open every weekday where women can come and just be. There will be a variety of programmes set for each day and we will look at all types of abuse that women fall victim to," said Ms Oliver.

The centre is open for women of all ages.

"We are trying to reach out to the younger woman who is being abused by their gangster boyfriend or even the older woman who are



■ Ellen Pakkies with Kim Pillay greet women at the launch of the centre.

maybe being abused by their children so that we can empower them and make them stronger women and pillars of the community," she said.

The centre offers life skills, awareness programmes, health topics, self care classes, games and competitions, counselling, advice, meditation, fitness sessions and arts and crafts classes, among other things.

"There are many similar projects running in the community but there will never be enough of them," said Ms Oliver.

New World Foundation programme manager Kim Pillay has been working to materialise the project for over three years.

"We had to plan it properly so we could create a sustainable project. We wanted to create a one-stop place for support where they



■ The centre is a home away from home for women.

Women are the leaders, organisers, facilitators...

community and we want to hone in on that and in the long run create a safer community."

Julia Fortuin hopes to acquire some skills at the centre.

"I am looking forward to taking part in the activities. I'm glad there is an initiative like this in Lavender Hill because our women desperately need it," she said.

● For more information contact New World Foundation on 021 701 1150.

could feel right at home. "Women are the leaders, the organisers, the facilitators of the