

**I will be,
I am.**

If you want to change your life you need to change how you think and change what you do. Self-help, personal change, being happy: it's up to **you**. No-one else. You decide. This is the first step. Self-help starts with you. Self-help and personal change starts with your realisation that it really is in your own hands, and your decision to do something about it. Your own self-belief is the key to successful life-change, achievement, contentment, and happiness. Your own mind, particularly positive suggestion and visualisation, will develop your self-belief, and your determination to make successful change to your life. This page will help you begin to change the way you think, feel and act. Visit it any time you want to boost your self-belief, to relax, and to regain control of your life and direction. Paste this page above your mirror, above your bed, on your door fridge, anywhere you'll see it every day. Make time - actually schedule some time to do this. It will improve your mood, attitude, and approach to life. Positive suggestion and visualisation, combined with deep relaxation, is an easy way to make powerful positive personal change. Just going through this relaxation exercise alone will help to change and improve the way you feel. If you combine the relaxation techniques with a repeated script of positive statements, such as the 'I am' script below, you will begin to change the way you think, and feel, and act, and all that life offers as a result. The time it takes to change depends on different people. Stick with it and it will become easier, more natural, more enjoyable, and it will work.

Relaxation exercise

1. Sit or lie down comfortably.
2. Relax your shoulder muscles, your whole body, and empty your mind.
3. Close your eyes (open them when you need to read the next stage).
4. Take ten slow, deep breaths.
5. Focus on your breathing. Feel yourself relaxing and your tension drifting away.
6. Relax your shoulders and neck again.
7. Visualise yourself being happy, succeeding, winning, being loved, laughing, feeling good.
8. Allow a gentle smile to appear on your face as you feel a calmness enter your mind.
9. Then say (out loud ideally) the words on the opposite side of this page yourself: I am.....



We like to feature your stories in every issue. This could include your community work, your charity events or special achievements. We will try to include as many as possible. Send your contribution to: info@ych.org.za or drop them off at our offices.

I am

I am a good person. I have integrity. I do what is ethically right and good. Whatever life puts before me will be useful experience that will make me stronger, wiser, and more tolerant. I am strong enough to understand and make allowances for other people's differences. Other people's behaviour is about them, not me. I focus on the joy of living my life and helping others where and when I can. I am what I eat and drink, so I eat and drink good things. I am what I watch and play and listen, so I watch and play and listen to good positive things. I take exercise which I enjoy. I walk when I don't need to drive or take the bus or train. I smile and laugh whenever I can - life is good - getting caught in the rain reminds me that it is good to be alive to feel it. I forgive other people. Deep down everyone is a good person, just like me. I am a compassionate and loving, caring person. I am a good person. I am.

Yeast City Housing

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Did you know?

Yeast City has received full accreditation from the Social Housing Regulatory Authority (SHRA) for 3 years since the SHRA was constituted 5 years ago. It is also the only fully accredited social housing institution in Tshwane and 1 of the 8 fully accredited social housing in the country.

Yeast City Housing received nominations at the Provincial and National Govan Mbeki Awards for "Best Social Housing Project" for its Tau Village and Inkululeko Projects in 2012 and 2014 respectively.

small groups. Overall the children liked and enjoyed activities done within small groups. 7 groups were formed within the Holiday Programme with an adult facilitator responsible for each group - here are some of groups that were formed according to

Welcome to the Winter edition of our newsletter. We are already on the 2 half of the year, it's time to step back, evaluate your year so far with your goals and objectives (never mind the new year's resolutions which likely didn't last until February...) and to take action to get back on track if necessary. It's a great opportunity to do some hard thinking over your finances, your diet, your career and other aspects of your life that you might want to improve. Make the second half of the year count!!

Vhana va Hina Winter holiday programme

The Vhana va Hina program commenced in 2004 and has been a huge success. Registrations reach the minimum of 80 young people on each holiday, with 75 percent of people registering being from our buildings and Salvokop community.

Vhana va Hina hosts the holiday programmes four times a year, in March, June, September and December. The events are fun filled, with lots of educational and stimulating activities arranged for children and youth. These include activities such as arts, face painting, talent shows, street soccer, netball, games, life skills, team building. For the cost of only R2 a day kids get to be looked after and fed while their parents are at work.



Some highlights of the holiday programme!!!

Play to Live programme was also part of the holiday programme, children created **super hero capes for themselves and came up with their own super hero names, identifying super hero people around child's life, family picture, creating a safe and better world through toys and imaginary play, and arts and crafts** activities which included team building & motivation within

age groups and were also named by children: **Honest People, Red Roses, Bosses, Little Dolphins, Cow boys and girls, 15 Ninjas and Awesome 8.** The last week of the holiday programme was joined by the **Seventh Day Adventist church** incorporating their praise, worship & Bible study sessions within our programme. The programme was facilitated through diverse topics and activities such as singing, dancing, prayer, bible story reading, arts, crafts and games activities related to the Topics such as the Creation, Jesus' life and Noah and the Ark. On the last day of the holiday programme the children were awarded with Bible study certificates. The Adventist church donated also R2000 towards the Holiday Programme.

Through the bible study programme children were given a platform to connect to God and to learn more about Him and His son Jesus Christ.

Expanded Public Works Programme (EPWP)

The EPWP, an initiative sponsored by Department of Public Works through Independent Development Trust (IDT) and several NGO's working on community work such as street & house outreach, hospice etc. is targeting the unemployed youth between the ages of 18 to 29 years.

Candidates are paid a stipend of R1108 per month for 14 days that they work. Through this programme 3 candidates benefited on a 6 months IT training course to the value of R12, 000 per student.

There are other courses offered on this programme like Construction Road work, Plumbing, Wastewater treatment, and Administrative work.

This programme provides young people with skills and knowledge which will truly benefit them, it creates opportunities for people to make a positive change in their lives and raise ambitions and aspirations.

To be part of the next intake on this project next year, please contact Lebo at 012 320 2123 or visit Tshwane Leadership Foundation, (TLF) 288 Burgerspark Lane.

Issues of Water

With utility bills going up it has become unaffordable for YCH to carry these costs on behalf of tenants. Several meetings have been held with the tenants to discuss the latter. Tenants understand the notion of paying for what they have consumed which is really positive. Individual water meters have been installed on the self contained units. We have started to register positive results in terms of reduced consumption.

Below is a number of ways to save water and they all start with you!

1. Teach children to turn off taps tightly after each use
2. When running a bath plug the bathtub before turning on the water. Adjust the temperature as the tub fills.
3. Shorten your shower by a minute or two and you will save 1500 liters per month.
4. Drop tissues in the bin instead of flushing them and save water every time.
5. When washing your hands / brushing your teeth turn the water off while you lather/ brush.
6. When washing the dishes don't let the water run, fill one basin with wash water and the other with rinse water.
7. Report any suspicious leaks you see immediately.

Ways to Keep warm this winter and save energy!!!!

Close your curtains at dusk to stop heat escaping through the windows and check for draughts around windows and doors. Always turn off the lights when you leave a room. Don't leave appliances on standby or laptops and mobile phones on charge unnecessarily. Only boil as much water as you need, but always cover the electric kettle.

A dripping hot water tap wastes energy and in one week wastes enough hot water to fill half a bath, so fix leaking taps and make sure they're fully turned off.

Use energy-saving light bulbs. They last up to 10 times longer than ordinary bulbs, and can save you about R750 over the lifetime of the bulb.

Regardless of what type of heater you use here are some operating, cleaning and safety tips:

- Never clean your heater when it is hot or still in operation. Use a damp cloth
- Turn your heater off when you leave your unit or go to sleep. This will also save you money.
- Do not lie down directly in front of the heater.
- Ensure that flammable and combustible materials do not come in contact with the heater.
- Do not place articles, such as pyjamas, on or near the heater.
- Ensure that no objects are placed on or against the heater.



Paying your rent is important

The cost of going to court is very high. If legal action is taken against a tenancy, the tenant will need to pay the fees as well as any other costs awarded by the Judge during the hearing. These costs will be in addition to any rent that the tenants owe.

If you are unable to pay your rent, for any reason, you should:

Contact your Credit controller immediately, Keep your Credit Controller up to date with information about your financial circumstances.

We like to ensure that you have a range of flexible and convenient ways to pay your rent. The different ways you can pay include: Direct debit, Standing order or bank transfer and Online banking, consider using one of these options as they are safe and convenient. You do not have to rush to go bank and withdrawing money thereby exposing yourself to robbery. Transact wisely!



Yeast City Housing tenants are being invited to join a feast of the clowns extravaganza to celebrate children's leadership.

The annual Feast of the clown Festival will take place from 11 to 15 August 2015 and will feature Dr Malinga as part of its closing celebration.

Tshwane Leadership Foundation Production team is requiring volunteers to join the show. Volunteers will receive various training and rehearsal assigned to their roles.

There will be fun filled social justice workshop presented throughout the week. The final show takes place on Saturday, 15 August. If you or someone you know would like to take part then email: victoriab@tlf.org.za or call on Tel:012 320 2123

Food for thought

During the month of May we received a visit from Food and Trees for Africa and Konika Minolta, they donated 100 varieties of fruit and shade trees. These will be planted in our various buildings, we ask you to assist us in maintaining these trees in good order so we can enjoy fresh fruit when the bearing season arrives.

When we plant trees, we don't just make our homes or your community nicer. We also directly reduce our carbon footprint. To a large extent, trees eat carbon dioxide.

When we plant trees, we are directly cleaning the air. **As a tree matures, it can consume 22kg of carbon dioxide per year** as it turns that CO2 into parts of itself. It also releases enough oxygen to supply our needs for two years. These two effects help to give the earth a healthier climate.