

# A2C Newsflash

## Special Interest Articles:

- Feed The Hungry Project supports Mandela Day initiatives in Atlantis
- Bread Tags for Wheelchairs Foundation
- Avondale Primary and Adapt To Change joining forces

## Individual Highlights:

|              |   |
|--------------|---|
| MDG in short | 2 |
| Recycling    | 3 |
| Events       | 4 |

## Adapt To Change takes small steps in the fight against hunger for Mandela Day

### Mandela Day – Feed the Hungry Project in Atlantis



*Beverly Classen (Feeding Scheme Co-ordinator), Johann Koegelenberg (A2C), Gairo Fortuin (Kitchen Assistant), Su-Mari Du Bruyn (A2C), Denise Van Schalkwyk (Kitchen Assistant), Debbie Dampies (Assistant Co-ordinator) and some of the Avondale Primary School learners.*

**19 July 2012** – A recent report published by Lancet has shown that the United Nations' Millennium Development Goal of halving the proportion of children who suffer from hunger halved by 2015 (compared to 1990 levels) is unlikely to be met.

This new analysis does state that 61 of the 141

developing countries will probably meet the target, but these successful countries are primarily in Asia and Latin America. The report unfortunately showed that sub-Saharan Africa has fallen behind and more than likely will not.

As part of their Mandela Day pledge and as supporters of the

Millennium Development Goals, local business Adapt To Change decided to spend their 67 minutes fighting child hunger, and doing their bit to aid the United Nations' target. They did this by donating much needed food parcels to the Avondale Primary School in Atlantis.

*(continued on page 2)*





*“Education is the most powerful weapon which you can use to change the world.” - Nelson Mandela*



*“The greatest glory in living lies not in never falling, but in rising every time we fall.” - Nelson Mandela*



**Mandela Day – Feed the Hungry Project (continued)**

The company raised the funds for 218 food parcels through their clients, colleagues, suppliers and friends as well as through an appeal to the general public who were all asked to donate a minimum of R6. The hope is that the food parcels will feed not only the pupils of the school, but their families too.

“During winter, more than ever, we are reminded of how privileged we are to be fed,

warm and dry, when there are so many that are not,” says Su-Mari Koen, a founding member of Adapt To Change. She goes on to explain that it was a discussion around exactly this, on a cold and wet Cape Town winter’s day that gave birth to the company’s Feed The Hungry project. The project was launched in June 2012. “All 3 founding members of Adapt To Change have spent significant time

working in Atlantis and to this day we have family and friends residing in the area – it is an area close to our hearts and which has great need, which was why we decided to donate the food parcels to families in this area,” says Koen.

Yesterday, on Mandela Day, the Adapt To Change team did their handover of the food parcels to Beverly Classen (Feeding Scheme Co-ordinator at Avondale Primary).



*Avondale Primary School learners with some of the 218 food parcels donated to the school’s feeding scheme.*

**Millennium Development Goals in short:**

- 1. Eradicate extreme poverty and hunger;
- 2. Achieve universal primary education;

- 3. Promote gender equality and empower women;
- 4. Reduce child mortality;
- 5. Improve maternal health;
- 6. Combat HIV/Aids, Malaria and other diseases;

- 7. Ensure environmental sustainability;
- 8. Global partnership for development

<http://www.un.org/millenniumgoals/>

## Bread Tags for Wheelchairs Foundation

Mary Honeybun of Cape Town, South Africa, turns tiny pieces of plastic into life-changing gifts! The incredible octogenarian raises funds for wheelchairs by collecting the tags used to keep plastic bags tied around a loaf of bread – something most people discard without giving it a second thought.

Mary sells the bread tags for recycling and facilitates the handing out of wheelchairs for disabled people with the help of the Wheelchair Foundation. Most of the recipients of

the chairs had lost limbs through diabetes or the ability to walk due to a stroke.

Mary Honeybun was initially inspired when she heard of a project through which “people collect the plastic tags at the top of bread bags to raise funds for charity projects” and in 2006, she founded Bread Tags for Wheelchairs.

Currently, Mary Honeybun is working in partnership with Adri Spanenberg, director of the Polystyrene Packaging Council of SA – an NPO – and they hope

that soon more people in need will be given their independence.

The Polystyrene Packaging Council have helped Mary organize the transport for her tags to the recycling plant and made containers for her collections. They also supply her with labels and photo frames, which she hands out during her talks to schools and other groups, although Mary prefers to re-use old boxes in the spirit of recycling.

### Source:

<http://wheelchairfoundation.org/blog/breadtags-for-wheelchairs/>



10kg bread tags buy 1 wheelchair

## Recycling providing wheelchairs

**August 2012** – Adapt To Change and Avondale Primary School in Atlantis will be joining forces to support the Bread Tags for Wheelchairs Foundation.

Collection boxes will be placed at Avondale Primary School where learners can contribute to this initiative by collecting bread tags in their communities.

In addition, Adapt To Change will also have collection boxes, so if you are interested to support the initiative,

please collect your bread tags and send them to Avondale Primary School or Adapt To Change. For

more information, feel free to contact us on [Information.a2c@gmail.com](mailto:Information.a2c@gmail.com).

**10 kg = 1 wheelchair**

Supported by Avondale Primary & Adapt To Change

**10kg = 1 wheelchair**

Read with interest: Carol Adams, Mowbray Maternity Hospital's quality assurance manager, hands over a box of glitter-free gold – otherwise known as bread tags – to Mary Honeybun, coordinator of the Bread Tags for Wheelchairs Foundation. Honeybun hands the bread tags over to a recycling company in exchange for the funds required to buy a wheelchair for a person in need. Around 10kg of bread tags are required to buy a chair – and while Mowbray Maternity Hospital has only been collecting bread tags since August 2010, their latest donation will be enough for the foundation to buy its 150th wheelchair. For more information on the Bread Tags for Wheelchairs Foundation call (021) 789-1831.

Photo: Saphid



“Bread Tags for Wheelchairs Foundation – Mary Honeybun (021 789 1831).”

**Adapt To Change**  
2012/100432/07



**Transform**  
**Optimize**  
**Empower**

STREET ADDRESS:  
Parklands  
7441  
Cape Town  
South Africa

PHONE:  
072 236 4280  
082 922 7514

FAX:  
0866 451 950

E-MAIL:  
Information.a2c@gmail.com

We are on the Web!

Come join us at:

[www.AdaptToChange.yolasite.com](http://www.AdaptToChange.yolasite.com)



# Improve your business performance

Attend the upcoming A2C workshops

## Time To Talk

|  |  |
|--|--|
| Aggravating Aggressive Angry<br>Antagonistic Arguing Confusing Difficult<br>Disappointing Dysfunctional Fighting<br>Flustered Frustrated Futile Heated<br>Hostile Ineffective Infuriating Mistake<br>Misunderstanding Stressful Unclear<br>Unproductive Unreceptive Unsuccessful<br>Upset Volatile | Appropriate Clear Constructive<br>Direct Effective Encouraging<br>Factual Fruitful Helpful Peaceful<br>Productive Successful Supportive<br>Understanding Useful Value adding<br>Worthwhile |
|--|--|

Current state of communication

➔

Time To Talk to Adapt To Change

➔

Desired state of communication

Topics to be covered include: The different ways we communicate, the benefits of effective communication, what is appropriate communication, how to effectively deal with difficult people and difficult situations, guidelines for communicating effectively with peers, subordinates, suppliers and customers

When: **28 August 2012** from 08:30 to 12:30 (coffee, tea and snacks included)  
 Where: Life-Café – 12 Wingate Crescent, Sunningdale, Blouberg, Cape Town  
 Cost: R150 per person  
**BOOK YOUR SEATS NOW!** 072 236 4280 or Information.A2C@gmail.com  
[www.AdaptToChange.yolasite.com](http://www.AdaptToChange.yolasite.com)

**Who we are:**  
Adapt To Change assists businesses to Continuously Improve and Adapt To Change in an ever changing business environment. The focus is on improving business performance and transforming organizations from the inside out.

We assist businesses to: improve business results; improve their work force; improve the flexibility of their business; and improve customer satisfaction.

We are able to cover a wide range of areas and we also provide training on a wide variety of topics – from job performance enhancing related topics as well as personal empowerment and soft skills.

## Cost Optimization

- Is your company under pressure to reduce costs?
- Are you struggling to get everyone's support to reduce costs?
- Have you spent time searching for something at work?
- Have you had to wait for something not immediately available at work?
- Has your company implemented fewer than 2 cost improvements during the last week?
- Has your company incurred any additional costs due to quality or services issues during the last month?

If you answered **YES** to any of the questions above, you should attend!

|                              |                      |
|------------------------------|----------------------|
| Time management improvements | Process improvements |
| Cost Optimization            |                      |
| Purchasing improvements      | Quality improvements |

When: **14 November 2012** from 08:30 to 12:30 (coffee, tea and snacks included)  
 Where: Life-Café – 12 Wingate Crescent, Sunningdale, Blouberg, Cape Town  
 Cost: R150 per person  
**BOOK YOUR SEATS NOW!** 072 236 4280 or Information.A2C@gmail.com  
[www.AdaptToChange.yolasite.com](http://www.AdaptToChange.yolasite.com)