

Subject: RE: Outreach Report

From: "Rosemary Frith" <rosemaryfrith@kingsley.co.za>

Date: 21/05/2025, 21:59

To: "Swami Vidyananda" <vidyananda@anandakutir.org.za>

Dear Vidyananda

Hari OM

My apologies for sending this so late. I have tried to shrink the photos which Erica has kindly inserted but have been unable to do so. Would you be able to do so please and also add R 5.60 to the Petty Cash. Am I right in thinking you're converting this to a Power Point Presentation?

Prem and OM

Rosemary

OUTREACH REPORT MARCH 2024 TO FEBRUARY 2025

FOOD PACKS

On Monday mornings the dedicated Outreach volunteers assemble 100 food packs of rice, split peas/lentils and soya mince. Each pack, with water added and cooked for about 30 minutes, provides a nutritious meal for 4 people.



The clinics we support are Masinedane in KTC, Mazomemhle in Browns Farm and Crossroads 2 and Phumlani in Crossroads. They receive food packs on a rotational basis every 3 to 4 weeks.

We were very grateful to Ladles of Love who were collecting and delivering the food packs to the clinics. However during October we learned that Ladles of Love was no longer able to assist us.

The clinics undertook to collect the packs from the ashram. This has often been difficult for them as they rely on a government car which is not always available.

HOME ROSTERS

Juliet Clavaux and her friends, supporters of the Outreach project for many years continue to make food packs which they deliver to the ashram.





SPECIAL EVENTS

ANNUAL TB DAY

In March Phumlani Clinic collected bananas and apples to be used on their annual TB day and we're also given food packs and





WINTER DRIVE

Every year, during Cape Town's cold and wet winter we buy blankets for the clinic clients. In 2024 the winter was particularly severe with massive flooding in many suburbs and on the Cape Flats. In July 79 fleece blankets measuring 2m by 1.5m and costing R99 each were purchased from HiLite and donated to Crossroads 2 and Mazomemhle Clinics. The clinic sisters sent us some very happy pictures of the clients receiving









WORLD AIDS DAY

For 6 December, which is celebrated as World Aids Day, Phumlani clinic received refreshments for their clients in the form of cookies, biscuits, chips and drinks.

THE FESTIVE SEASON

During mid-December and mid-January, when the Ashram is closed, the Outreach project is in recess. In the past we have shared Pick n Pay festive buckets between 2 clinics however in December we were unable to do so. We decided to give them Easter treats in April 2025 instead.

OUTREACH FINANCES

The **donations** received over this period totalled **R81 983** and the **expenditure** was **R 49 781**

Interest received totalled **R 9029** and **bank charges** were **R182 24**

Bank Balances 28 FEBRUARY 2025

Savings Account R 13 349

Investment Account R 153 337

Petty Cash R

Very special thanks go to our donors who help to sustain the Outreach project: the regular monthly donors and those who donate generously once or twice during the year. We keep a 6 month buffer which protects the project from unforeseen circumstances. Everyone involved does so on a voluntary basis: all money received goes directly to the clinic clients we support.

My thanks go to my fellow co-ordinators Damyanti Gajjar, Elsa Oliver and Jennifer Stephens.

Rosemary Frith