

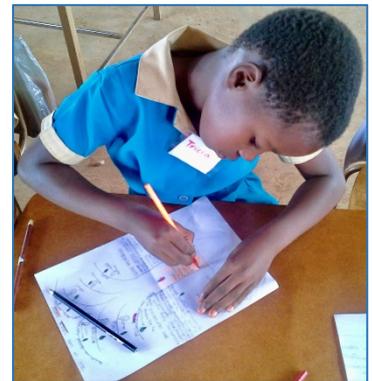
Newsletter / June 2022

Helping children cope with grief

Dear Members and Sponsors of the Swiss Friends of Sethule Orphans' Trust

Orphans and other vulnerable children in rural Zimbabwe are often too overwhelmed to talk about their situation. The death of a parent or child abuse are taboos. Sethule Orphans' Trust has developed a method to help them. The charity invites groups of children of similar ages, from 7 to 12 years old, to 2-3 days meetings. The children are given healthy meals and have fun with lots of games and contact with each other. But they also have to work:

Role-plays serve as an icebreaker, which are very popular in Zimbabwe. The children quickly identify with their roles, enjoy playing them and laugh a lot. Then the children draw their "tree of life" to reveal their hidden feelings and reactions: "fruits" are symbols of positive experiences, while "worms" represent difficult moments. Drawing is much easier than talking. Specialised counsellors then talk to each child individually about their tree of life. The children are allowed to cry or to be angry. Situations can be clarified, and the children understand better how to deal with their emotions and open up about their problems. At the end each child receives a small gift: a pencil, a notebook, a balloon and something sweet. There is often a follow-up for the children, about two months later.



A meeting of this kind, lasting several days, costs around 500 Swiss francs for 20 children. Sethule Orphans' Trust usually holds 2 meetings per month.

May I ask you for your support, to ensure that orphans in Zimbabwe continue to receive this counselling.

Our Bank details:

CH19 8080 8006 4294 9373 3
Banque Raiffeisen Alpes Chablais Vaudois, 1860
Aigle
To: Swiss Friends of Sethule Orphans' Trust,
Weiherstr. 10, 3073 Gümligen
(payment slip enclosed)

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I thank you for your loyalty. Best wishes,



Anne-Marie Saxer-Steinlin, President of the Association

- PS 1: All tasks in our association are carried out on a voluntary basis and most of the expenses are sponsored. In 2021, we only had 1% administrative costs!
- PS 2: Visit our website www.sethule.ch.
- PS 3: If you no longer wish to receive this newsletter, please send an e-mail to info@sethule.ch.