

September 2026 NEWSLETTER

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BEHIND EVERY MILESTONE

"Behind every milestone we celebrate is a heart that chose to care, a hand that chose to give, and someone who believed that every child deserves a chance. Together, your acts of kindness are changing little lives in very big ways."

We look back on the past two months with incredibly grateful hearts. They have been busy, blessed and wonderfully successful months for **Acts of Kindness**. None of what you are about to read happens because of one person. It happens because people choose to care.

People give, sponsor, volunteer, encourage, pray, show up and walk alongside us. To every person, family, business and organisation who has played a part in our journey — **thank you.**

This is what your kindness has made possible.

FIVE CHILDREN – A BRIGHTER VIEW OF THE WORLD

One of the first ways we were able to put the funds raised at our Bowls Day to work was by helping five children receive much-needed eye tests and **new glasses**.

Our sincere thanks go to **Lizette** and her team at **De Bruto Optometrists** for the patience, care, support and love they showed each of our children. We appreciate you more than words can say. The children are doing wonderfully — and they quite literally have a different outlook on life!

We believe that improved vision will make a significant difference not only in their learning and schoolwork, but also in their overall quality of life.

This is what giving makes possible.



Acts of Kindness

— Every Child deserves a chance - be that Chance! —



ROLLING FOR A REASON – OUR LAWN BOWLS FUNDRAISER

Our Lawn Bowls Fundraiser on 5 September may have started on a very cold and rainy note, but what a wonderful day it turned out to be!

With 19 teams, many generous sponsors and an incredible group of willing hands, the day was a great success. Our children also had the wonderful opportunity to spend meaningful time with students from the **University of Pretoria's Physiotherapy Department**, while **Moira from Golden Pond Trading** created a very special experience for them with the horses. Our top three teams certainly showed us what they were made of and walked away with some lovely prizes!

A heartfelt thank you to the **Bronkhorstspuit Lawn Bowls Club** and **Martin** and his restaurant team for the excellent way in which the day was hosted and managed. Your support played a big part in making the day such a success.

And to every company, team and individual who sponsored, donated, entered a team or contributed in any way — thank you.



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DANCING, COURAGE & BEAUTIFUL MOMENTS

Four of our girls recently participated in a competition hosted by **Solidariteit Helpende Hand**.

Four of the girls danced, while one bravely recited **Psalm 23**. It was a very special and successful day, and they thoroughly enjoyed the experience. Their progress in dance has been remarkable, and seeing their confidence grow alongside their skills makes us incredibly proud.

Sometimes progress is measured in schoolwork and therapy milestones. And sometimes it is simply found in a child having the courage to stand up in front of others and say: "Look what I can do!"



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EQUESTRIAN THERAPY

It remains one of the absolute highlights of the week! Mavrik is a horse in a class of his own, and **Auntie Moira** has a heart of gold.

Week after week, we see improvements in the children's **muscle coordination, flexibility and confidence.**

There is something incredibly special about the connection between a child and a horse.

Watching our children become stronger and more confident is a privilege we never take for granted.



**SEE THE CHILD, NOT THE
DIAGNOSIS. SEE THE ABILITY, NOT
THE LIMITATION**



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READY, SET... GO!

Five of our children have now also joined the **Bronkhorstspuit Athletics Club** and once again, the growth and progress have been remarkable.

They work on general fitness, but also benefit tremendously from the additional stretching, balance and coordination exercises. For our children, these activities are about so much more than sport. They build stronger bodies, confidence, perseverance and a wonderful sense of belonging. And, of course, they have lots of fun while doing it!



AQUA THERAPY

Two of our girls recently had the opportunity to attend swimming sessions, including little Elain, who lives with significant physical challenges.

The first session went extremely well and swimming proved to be a wonderful way to encourage movement and help improve muscle flexibility.

Unfortunately, we realised that the travelling distance to the swimming facility is simply too exhausting for her.

Her wellbeing will always come first, so for now we have decided not to continue with the long journey. We are currently looking for a suitable alternative closer to home in Bronkhorstspuit, where she can receive the benefits of water-based therapy without the added strain of travelling. Sometimes progress also means recognising when we need to change the plan — and finding a better way forward.

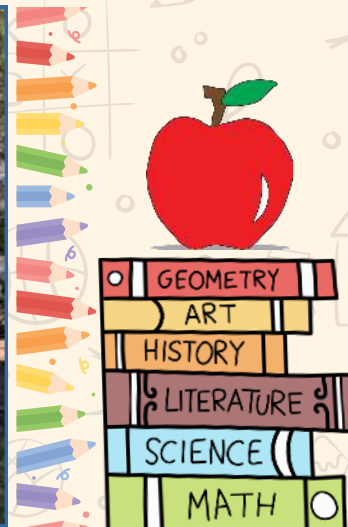
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AND THEN THERE IS... WRESTLING!

Two of our boys have joined the **Bronkhorstspuit Wrestling Club**. Apparently there is only one sport for a boy — and that is wrestling! The two of them are absolutely loving it, and we suspect their parents are equally grateful for a healthy way to get rid of some of that extra energy! Beyond the fun, wrestling is also helping them develop **fitness, coordination, discipline, confidence and body awareness**.



School

AOK TUTOR CENTRE

At the **AOK Tutor Centre**, things are going wonderfully well.
And yes... **WE ARE BUSY!**

The children are making excellent academic progress, but our programme goes far beyond academics. We believe in developing the whole child, which is why their weekly programme also includes:

- Music Therapy presented by **Music Minds**
- Fine and **Gross Motor Development** with **Salome Prinsloo**
- Art with **Daleen van der Walt**

Each activity is carefully chosen to support development, confidence, creativity and learning in a way that meets our children where they are.

We are also very excited to welcome **Ruzaan du Plessis** to our AOK family. She will be assisting us on a relief basis, and we are grateful to have another willing pair of hands and a caring heart joining our team.

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OUR MOMS MATTER TOO

At least once a month, our moms get together for a very special morning. There is no complicated programme. We simply spend time around the Word, drink coffee, talk, laugh and encourage one another.

And sometimes, when life feels a little too heavy, we cry together too. These are courageous women who do not always walk the easiest road. Yet, time and again, they are also the first hands raised when someone else needs help. To our moms: we see you, we value you, and we are grateful for each one of you.



THERAPY & LITTLE STEPS FORWARD

Little Elain recently visited **Auntie Maryna**, our occupational therapist, and we received some very encouraging feedback.

Maryna was pleasantly surprised by her progress.

Elain is becoming more flexible and mobile, and we can see the positive effect that consistent stimulation is having. Attending her day mother three times a week has also been incredibly beneficial.

The stimulation, routine and interaction with other children motivate her and give her valuable opportunities to engage with the world around her.

For some children, progress comes in leaps. For others, it comes in tiny steps. We celebrate every single one.



SOMETIMES GOD SENDS SOMEONE TO WALK BESIDE YOU

And then, in His goodness, God sent me an angel to walk beside me and share this journey. **Daleen van der Walt**, we appreciate you.

Thank you for your heart to give, your willingness to love, your readiness to help wherever help is needed, and most of all, for simply walking alongside us. The children appreciate you. I appreciate you. And Acts of Kindness is richer because you chose to become part of our journey.

A MESSAGE WE ALL NEEDED TO HEAR

We also had the privilege of spending some time with **Shéri Brynard** and listening to her share her inspiring story and message of hope.

Her message was a powerful reminder to both our children and our parents: never allow your challenges — or the limitations and expectations that others may place on you — to determine what you believe is possible for your life.

No matter what others may say about you, what they may expect from you, or how difficult the road ahead may sometimes seem,

Keep going. Keep believing. Keep dreaming.

Most importantly, trust that God created every life with purpose and that He has a unique plan for each one of us.

It is a message that every child facing challenges needs to hear — but perhaps just as importantly, one that every parent walking alongside that child sometimes needs to hear too.

Your challenges do not define your purpose.

Your differences do not diminish your value.

And someone else's expectations do not determine how far you can go.

Sometimes we all need to be reminded to look beyond the challenges, believe beyond what we can see today, and trust that God is not finished with our story yet.

BE KIND
BE BRAVE
BE SILLY
BE HONEST
BE HAPPY
BE YOU



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COMING UP NEXT – CHRISTMAS WITH A PURPOSE

On **21 November 2026**, **Acts of Kindness and Brushworks Coatings** will come together to host a very special **Christmas celebration**. This day is about giving back, spreading kindness and bringing joy where it is needed most.

We want to create a memorable Christmas experience for children from children's homes, children who may need a little extra love and kindness this festive season, and children with special needs and disabilities.

Every child deserves to feel seen, included, valued and celebrated.

Our dream is simple: a beautiful day filled with laughter, fun, gifts, good food, happy faces and the magic of Christmas.

For our children with special needs, the world may sometimes look and feel a little different. Some need more time, more patience or additional support — but their excitement, laughter and joy are every bit as precious.

We want this to be a day where every child belongs.

Because Christmas is not about how much we give.

It is about reminding a child:

You are seen. You are valued. You matter.

And your community cares about you.

Please refer to our Christmas brochure for more information on how you can get involved in this wonderful event.



THE NEED CONTINUES

While we are incredibly grateful for everything we have been able to accomplish, the reality is that **the need continues to grow**.

More and more children are coming across our path who urgently **need ongoing therapy, educational support, developmental intervention and specialised care**. For many of these families, accessing the right support simply would not be possible without a **helping hand**.

That is why every act of support still matters deeply to us. Whether you contribute financially, sponsor a therapy session, offer your time or professional skills, donate much-needed resources, or simply help us open the right door for a child —

every gesture makes a difference.

The needs may be growing, but so is our determination to keep walking alongside these children and their families for as long as we possibly can.

We cannot do it alone.

YOUR CONTINUED KINDNESS ALLOWS US TO CONTINUE SAYING "YES" WHEN A CHILD NEEDS HELP AND FOR THAT, WE ARE MORE GRATEFUL THAN WORDS CAN EXPRESS.

FROM OUR HEARTS TO YOURS

When we look back at these past two months, we see so much more than events, therapy sessions, sport and school activities.

We see people.

People who gave when there was a need.

People who showed up when there was work to be done.

People who shared their time and talents.

People who opened doors.

People who believed in our children.

And because you did, children received glasses.

Children rode horses. They danced, ran, wrestled, learned, created, swam, received therapy and discovered a little more of what they are capable of. That is what Acts of Kindness is all about. One act may seem small. But when many caring hearts come together, those little acts of kindness can change a child's world.

**THANK YOU
FOR BEING
PART OF
OURS.**

