



# NEWSLETTER

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## EMBRACING SPRING WITH SWEETHEARTS: CELEBRATING THE SWEETHEARTS WAYS

As we bid farewell to winter and embrace the gentle warmth of spring, it's a perfect time to reflect on the beauty of blossoming moments. In this special September edition of our newsletter, we want to shine a spotlight on the incredible individuals who have graced our lives with their kindness—the Sweethearts Ways.

The heart of The Sweethearts Foundation beats with the passion and dedication of our remarkable volunteers. They are the unsung heroes who selflessly give their time and energy to make a difference in the lives of those we serve. Without their unwavering support, our mission to provide mobility and hope would remain but a dream.

Spring reminds us of the importance of renewal and sustainability. Just as nature recycles and renews itself, we are reminded of the need to do the same. We take great pride in our commitment to sustainability through our unique recycling initiatives. By collecting bottle tops and bread tags, we not only reduce waste but also create a meaningful source of funding for wheelchairs.

Every bottle top and bread tag collected brings us one step closer to providing mobility and independence to those in need. It's a testament to the power of community and our shared responsibility to care for our planet and one another.

This September, let's celebrate the Sweethearts Ways—the love, compassion, and dedication that shape our organization and drive us forward. Together, we are a force for positive change, making our world a sweeter place, one act of kindness at a time.

Thank you for being a part of our journey and for helping us make a difference that truly matters.

Thank You for being a  
**SWEETHEART**  
& giving the gift of  
**MOVEMENT**



# GRANT PIENAAR: A BEACON OF HOPE AND SUPPORT



In the world of compassion and giving, one name shines brightly—Grant Pienaar. The Grant Pienaar Foundation, established in 2022, is the embodiment of his unwavering commitment to assisting individuals battling Motor Neurone Disease and those facing mobility challenges.

Grant's own journey began when he received a life-altering diagnosis of Motor Neurone Disease in September 2021. Despite the daunting challenges posed by this neurodegenerative disease, Grant decided to turn his journey into a beacon of hope and education for others.

With a mission to create awareness and support for South Africans facing this formidable challenge, Grant joined hands with The Sweethearts Foundation. His partnership with us has resulted in remarkable transformations in the lives of our beneficiaries.

Grant's generosity knows no bounds. His contributions and sponsorships have enabled us to provide specialized wheelchairs to those in need, making mobility and independence a reality for many. His dedication extends beyond material support; he actively spreads our mission, encouraging others to join our cause.

In August, Grant once again demonstrated his commitment by generously sponsoring 5 standard wheelchairs, each of which is finding its forever home, bringing newfound freedom and happiness to its recipients.

We extend our heartfelt gratitude to Grant Pienaar for being a true Sweetheart and a symbol of hope. His actions remind us that one individual's determination can create a ripple effect of positive change, making our world a better place.

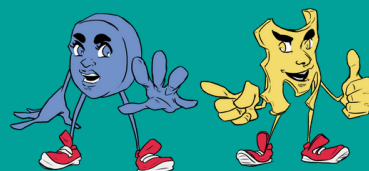
To learn more about Grant's incredible journey and The Grant Pienaar Foundation, visit [Grant Pienaar Foundation Website](#).



These young champions from Cornerstone Play and Learn Center have collected an incredible 150 x 5L bottles filled with bottle tops and tags.

Their hearts are as big as their smiles, making a meaningful impact.

Thank you, little ones, for your inspiring dedication to our cause!



# SBS TANKS: BUILDING FOR BETTER AND ROLLING TOWARDS A BRIGHTER FUTURE

For over 25 years, SBS Tanks has championed the philosophy of "Build for Better." This ethos extends beyond their exceptional work in the industry; it encompasses a deep commitment to improving the lives of others. In 2021, the CEO of The SBS Group, Delayne Gray, embarked on a remarkable journey as he embraced the #ceonwheels challenge, initiated by the Little Eden Society. His mission: to spend 14 hours of his workday in a wheelchair, shedding light on the challenges faced by individuals living with limited mobility.



"Being in a wheelchair for a day is a humbling and eye-opening experience," Gray shared. "Simple tasks like reaching for tea cups in upper cupboards, navigating stairs and building entrances, getting in and out of vehicles, and even moving around a restaurant become formidable challenges."

Fast forward to March 30, 2023, a date marked as the SBS Wheelchair Challenge Day. SBS Tanks extended a heartfelt call to their clients, suppliers, and employees, and the response was nothing short of inspiring. They were ready, excited, and passionate about making a difference.

SBS employees went above and beyond, not only by donating funds but also by transforming a part of their manufacturing facility into a mini basketball court, complete with DIY grandstands. This creative initiative allowed them to host a wheelchair basketball match, a fantastic awareness event that drew wholehearted support from donors and employees alike, all in the spirit of the CEO Wheelchair Challenge.

As a result of this collective effort, SBS Tanks, in collaboration with their extensive network, donated a total of 10 wheelchairs to The Sweethearts Foundation, accompanied by a generous contribution of R10,000.00. These wheelchairs have since found loving homes, and the funds were allocated towards the cost of Bandile's wheelchair earlier this year.

We extend our heartfelt gratitude to the entire SBS Group, including SBS Tanks and SBS Energy, and the numerous generous donors and supporters who played a vital role in making this remarkable contribution possible. Your commitment to "Building for Better" resonates deeply with us, and we are honored to partner with you in our mission.

🗣️ A special shout-out to Kim Blom deserves recognition, not only for her administrative efforts but also for her unwavering monthly support. Kim, you are truly amazing!

If you or your company are interested in taking up the CEO Wheelchair Challenge next year, we invite you to contact Kim - [marketing@sbtanks.co.z](mailto:marketing@sbtanks.co.z) today for more information. Together, we can continue to create positive impacts, one wheelchair at a time.

Thank you, SBS Tanks, and their valued partners, for wholeheartedly embodying the spirit of 'Build for Better' and for consistently enriching the lives of many through your unwavering generosity and steadfast support.



## A SALUTE TO DEBBIE - OUR OUTSTANDING SWEETHEARTS AMBASSADOR!

Debbie, our extraordinary Sweethearts Ambassador, shines as a beacon of dedication and compassion. Her continuous support and tireless efforts inspire us all.

Debbie's commitment to our mission is unwavering. She exemplifies the very spirit of our foundation through her heartfelt contributions and heartfelt connections.

Thank you, Debbie, for your remarkable role as a Sweethearts Ambassador. Your impact is felt deeply, and your dedication is truly admirable.



# UNITY COLLEGE: SHAPING A BRIGHT FUTURE FOR SPECIAL NEEDS STUDENTS



UNITY COLLEGE  
SPECIAL NEEDS EDUCATION

At The Sweethearts Foundation, we cherish partnerships that create a world of opportunities. Today, we are honored to shine a light on Unity College, a dedicated institution that empowers special needs students and unlocks the doors to a brighter future.

Unity College, with its noble mission, recently reached out to us with a unique request. They needed a wheelchair for emergencies, and in exchange, they offered to sort bread tags into colors. Little did we know that this simple exchange would lead to a profound partnership.

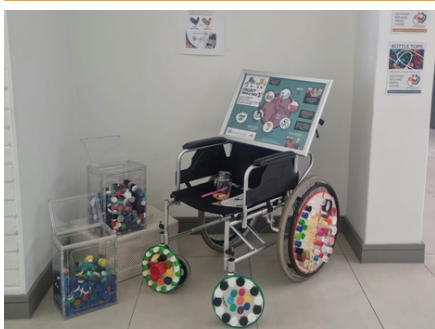
Unity College understands the incredible value of work experience in shaping their students' futures. Through their Work Experience Program, students gain invaluable skills and insights by immersing themselves in real work environments. They discover their unique talents and potential, preparing them for the world of work.

The act of sorting bread tags goes beyond a mere task; it instills pride and dignity in these special individuals. It's a foundation for building self-confidence and a sense of purpose.

We are profoundly thankful to Unity College for this remarkable partnership. Together, we've not only provided a wheelchair but also opened a world of opportunities. Unity College's unwavering commitment to empowering special needs students is an inspiration to us all.

This collaboration exemplifies the beauty of working together for a common cause. Unity College is not just a school; it's a place where dreams are nurtured, and possibilities are endless.

Thank you, Unity College, for being a valued partner in our mission to make a difference. Together, we are creating a world where every individual, regardless of their abilities, can thrive.



## THE STAR FOUNDATION: THE SPIRIT OF UBUNTU IN ACTION

The Sweethearts Foundation and The Star Foundation have joined forces to empower lives.

The Star Foundation, situated within The Conservatory Building in Rosebank, is committed to giving back to underprivileged communities across South Africa. Their areas of focus span education, healthcare, well-being, nutrition, gender equality, sustainability, and disaster relief. Their spirit of giving embodies the essence of ubuntu, creating a profound impact.

We extend our heartfelt gratitude to the Star Foundation for partnering with us on this incredible journey. Your commitment to uplifting communities and your spirit of ubuntu inspire us all.

Let this collaboration inspire Rosebank's businesses to stand together, make a difference, and create a better future.



# CELEBRATING CHEYÉNNE: OUR SWEETHEARTS AMBASSADOR AT DANVILLE PARK GIRLS' HIGH SCHOOL

Meet Cheyénne, a Grade 12 student at Danville Park Girls' High School, who's not your average teenager. She's got a passion for iced coffee and a heart full of kindness.

This amazing young woman is driven by her desire to make the world a better place. She firmly believes in the power of community and teamwork.

As our Sweethearts Ambassador, Cheyénne has seen her fellow students come together in a beautiful display of unity. They compete to collect the most bottle tops and bread tags, turning it into a friendly competition that changes lives. When she hands over bags filled with these small contributions, she knows they're making a huge difference.

Balancing her role as a Sweethearts Ambassador with her studies and commitments, Cheyénne excels in everything she does while leading with warmth and compassion, and we know she will reach her goal of collecting enough #topsandtags to donate a wheelchair within a year!

Cheyénne believes that when young people actively participate in environmental and community causes, they build character, raise awareness, and inspire innovative problem-solving. Her journey as a Sweethearts Ambassador has shown her that big problems can be tackled when people come together, and even the smallest acts can create a huge positive impact.

A heartfelt thank you from The Sweethearts Foundation to Cheyénne for being an inspiration and a driving force behind our mission. Your dedication and compassion are truly appreciated.



## THIZA'S JOURNEY TO MOBILITY: A HEARTWARMING TRANSFORMATION



Meet Portia Puso, the loving big sister from Maile, Rustenburg, whose life took a heartwarming turn thanks to her younger brother, Thiza. Thiza's brand-new set of wheels not only brought a gleam of joy to their lives but also made each day a stylish and comfy adventure. Gone are the days of discomfort and injuries in his old chair; now, Thiza eagerly welcomes each day, zipping around in his sleek and functional new ride. The newfound comfort has not just boosted his physical well-being but also lit up his spirits, improving his overall quality of life.



In the days of the old chair, Thiza faced more challenges than a ninja warrior in training. It no longer fit him, causing more injuries and infections than a child's scraped knee. The support structure was about as reliable as a wobbly chair at a family dinner. Thiza lived in constant fear of taking a tumble.

Thiza's upgraded mobility has done wonders for his relationships with friends and family. His pals can now push him with ease, and even his little nephews get in on the action. Thiza's newfound freedom has given him a taste for life's adventures. He's dreaming big – from exploring theme parks and beachfront getaways to taking a dip at Sun City. And who knows, perhaps even a special someone could join him for a date night or a night out on the town!

One memory that truly stands out is Thiza's newfound ability to attend soccer matches and cheer on his buddies. Previously, this was as likely as finding a mermaid in the local pool, thanks to his old chair's condition and the unforgiving terrain of the playing grounds. But now, Thiza's rock-solid wheels let him explore and enjoy these outings, allowing him to 'see the world' in a whole new light.

Portia sends her heartfelt gratitude to The Sweethearts Foundation, the guardian angel who introduced her family to the organization, the Rustenburg community, and all the friends, family, and community members who helped make Thiza's dreams come true. She urges everyone to keep those caps and tags coming, as every contribution counts. In closing, Portia shines a spotlight on the incredible impact of teamwork and collective effort in changing lives and expresses her immense thanks for making Thiza's newfound freedom a reality.

# REFLECTING ON WHERE YOUR #TOPSANDTAGS ARE GOING AT THE MOMENT - KEEP THE MOMENTUM GOING!

Let's take a moment to revisit our incredible beneficiaries: Nancy, Thandi, Amber, Hlelokuhle, Muzikayisi, Thabani, and Sinazo. Each of these individuals has a unique story, and they're all amazing in their own way. Remember, every bottle top and bread tag you collect brings us one step closer to making a real difference in their lives.

We're not stopping here, and we need your continued support! Keep those #topsandtags coming in; every contribution matters.

If you're looking for an additional way to make an impact, consider a cash donation. Your monetary support is invaluable and allows us to reach more beneficiaries in need.

Here are the options for your generosity:

- [PayFast](#)
- [GlobalGiving](#)

As a token of our gratitude, every monetary donation earns you a Section 18A Certificate—an added benefit for your support. But there's more! Until September 27, 2023, each donation will also enter you into a special lottery, giving you the chance to WIN a car sponsored by AutoCity Cares, in partnership with the National Lottery. Imagine driving a brand-new car while empowering someone's journey to mobility!

Don't forget, our collection points are ready to accept your #topsandtags contributions. To find the nearest one to you, visit our [website](#).

After your generous donation, be sure to reach out to us on WhatsApp at 0711700634 or email [Jessica@sweetheartsfoundation.org](mailto:Jessica@sweetheartsfoundation.org) to claim your lottery ticket. Your support means the world to us, and together, we can create lasting change



R24,823.46  
**Nancy**



R30,870.16  
**Amber**



R21,704.24  
**Hlelokuhle**



R25,549.17  
**Muzikayisi**



R25,549.17  
**Thabani**



R14,948.24  
**Sinazo**

email us at [sweethearts@sweetheartsfoundation.org](mailto:sweethearts@sweetheartsfoundation.org)

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**Nancy**

Diabetes has stolen more than just limbs from Nancy; it's challenged her role as a mother.

Imagine the strength needed to care for three children with just one hand, all while maneuvering a manual wheelchair.

Every mother deserves the freedom to provide and nurture independently.

Nancy's story is one of resilience, but she needs our help.

A customized electric wheelchair could transform her life, bringing back lost independence. The cost, R28,119.22, stands as a barrier.

We've gathered R3,295.76 through #topsandtags recycling and the kindness of donors, illustrating the power of community support.

By joining hands and contributing, we can bridge the remaining R24,823.46 and give Nancy the chance to embrace life's joys and challenges with newfound freedom.

Your generosity creates a lasting impact

email us at [sweethearts@sweetheartsfoundation.org](mailto:sweethearts@sweetheartsfoundation.org)

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**Amber**

Amber's life has been a journey of resilience and courage. Initially diagnosed with Cerebral Palsy at the age of 4, her path took an unexpected turn 9 years later when she was found to be battling Hereditary Spastic Paraplegia or Leukoencephalopathy—both relentless progressive conditions.

Over time, her challenges grew. By 2019, Amber's ability to walk had significantly declined, leaving her without the independence she once had. Then, in 2021, seizures surfaced, further robbing her of her confidence and simple childhood pleasures. School became a distant dream due to mobility limitations.

Amidst these trials, a tailored wheelchair holds the potential to restore Amber's freedom and bring back elements of her childhood.

The cost, R34,165.92, poses a hurdle. However, we've already gathered R3,295.76 through #topsandtags recycling and the kindness of donors. This showcases the strength of community support.

By uniting and contributing, we can bridge the remaining R30,870.16. Together, we can grant Amber the opportunity to experience life's joys anew. Your generosity creates a profound and lasting impact

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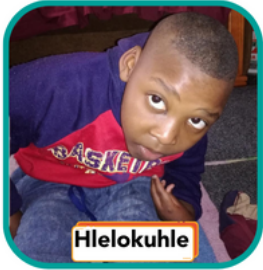
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# CAN YOU HELP?

Together, we can give the gift of movement!



**Hlelokuhle**

Hlelokuhle, a 15-year-old bursting with vibrancy, embodies a deep love for life despite grappling with the challenges of Cerebral Palsy (CP).

His days are spent at a care center, while his dedicated mother tirelessly works to provide for their needs—juggling cleaning, cooking, and the search for employment.

At the care center, Hlelokuhle relies on a wheelchair. However, the heartbreaking reality is that this wheelchair, though intended to aid him, is actually causing irreversible damage to his spine due to its improper fit.

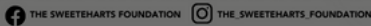
Yet, there is hope

A tailored wheelchair could reshape Hlelokuhle's life, restoring the freedom every child deserves. But a R25,000.00 cost is a barrier.

Hope gleams: R3,295.76 gathered via #topsandtags recycling and donors' kindness.

By uniting efforts, we can bridge the R21,704.24 gap, granting him renewed comfort, vital support, and the freedom he deserves.

email us at [sweethearts@sweetheartsfoundation.org](mailto:sweethearts@sweetheartsfoundation.org)



#CanYouHelp  
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# CAN YOU HELP?

Together, we can give the gift of movement!



**Muzikayisi**

Muzi, a true exemplar of strength, was born with Tetra-Amelia Syndrome. Despite his challenges, he has shown incredible resilience and an unwavering positive mindset. His determination not only helps him conquer obstacles but also serves as an inspiration to all who know him.

We have a golden opportunity to join hands and support Muzi in his quest for greater independence. By contributing to his specialised wheelchair, we can provide him with the means to navigate the world with dignity, ease, and freedom. The transformational impact of a customized wheelchair is immeasurable; it could help him realise his dream of living a life that's entirely self-sufficient. However, there's a financial obstacle to overcome: the cost stands at R28,844.93.

Already, through #topsandtags recycling and the generosity of donors, we've managed to collect R3,295.76. This demonstrates the incredible power of our community. Now, by coming together and adding our contributions, we can bridge the remaining R25,549.17. This collective effort will not only offer Muzi the gift of independence but will also ensure his ability to continue inspiring those around him.

Every single contribution, regardless of its size, holds significance. Let's make a difference in Muzi's life and stand beside him as he reaches for his dreams.

email us at [sweethearts@sweetheartsfoundation.org](mailto:sweethearts@sweetheartsfoundation.org)



#CanYouHelp  
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# CAN YOU HELP?

Together, we can give the gift of movement!



**Thabani**

A decade ago, Thabani was hit by a nerve infection that robbed him of his ability to walk. This irreversible condition, coupled with weakness in his left arm, has made pushing a manual wheelchair a monumental task. Still, Thabani's spirit remains unbreakable; he's been crafting beautiful floral arrangements at Impala Fruit and Veg since 2009.

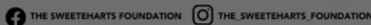
With his wife, a dedicated pillar of support, steadfastly by his side, they overcome hurdles together. She pushes him 1.5 kilometers each way to work, a testament to their love.

Yet, even the simplest tasks are a challenge due to his limited mobility and frequent hand fractures.

We have the power to change Thabani's life. A motorized wheelchair, costing R28,844.93, is the key. It's not just practical; it's his lifeline to independence. With it, he gains the freedom he deserves to navigate daily life with ease.

We've collected R3,295.76 through #topsandtags recycling and donor kindness, a testament to our compassionate community. By uniting and contributing, we bridge the remaining R25,549.17, granting him the ability to live independently and continue inspiring those around him.

email us at [sweethearts@sweetheartsfoundation.org](mailto:sweethearts@sweetheartsfoundation.org)



#CanYouHelp  
#TopsAndTagsForWheelchairs



# CAN YOU HELP?

Together, we can give the gift of movement!



**Sinazo**

Sinazo, a young soul of resilience and determination, who has conquered immense challenges. From self-teaching English to earning a call center certificate, she aspires to open her own company. Sinazo's spirit is nothing short of remarkable.

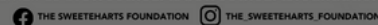
Yet, her current wheelchair imposes constraints that hinder her independence and mobility. Growing up, Sinazo grappled with feelings of being different from her peers, which led her to self-isolation. Her refuge became assisting her mother with household chores.

Sinazo's dreams are closer than ever. She's on the brink of completing her education, with a vision of owning her own company.

To turn her dreams into reality and support her education journey, Sinazo needs a powerchair valued at R40,917.49. Thanks to the incredible generosity of donors and #topsandtags recycling efforts, a remarkable R25,969.25 has been collected—a heartwarming testament to our compassionate community.

By uniting and contributing, we can bridge the remaining R14,948.24. This empowers Sinazo with the independence she deserves, enabling her to inspire those around her. Our collective efforts create tangible change. Let's join as Sweethearts and transform lives.

email us at [sweethearts@sweetheartsfoundation.org](mailto:sweethearts@sweetheartsfoundation.org)



#CanYouHelp  
#TopsAndTagsForWheelchairs



As we bid farewell to winter and embrace the gentle warmth of spring, we're reminded that every Sweetheart, with their love, compassion, and dedication, is essential to our mission of providing mobility and hope.

Together, we're making our world a sweeter place, one act of kindness at a time. Thank you for being part of this beautiful journey; until next month, keep spreading the love!



**Banking Details:**  
The Sweethearts Foundation  
First National Bank  
Acc No: 62503233934  
Branch Code: 254005



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