

# Rand Aid RAND AID review

Tel: 011 882 2510

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Fax: 011 882 4670

Email: info@randaid.co.za

## *Residents have art at heart* **Brushes of brilliances**



Rand Aid Association has among its residents an ensemble of artists... Vernon Schultz, Harry Voerman, Joseph Capelle, June Branthwaite and Ethelwynne van Eck live in a number of Rand Aid complexes and are all accomplished artists in their own right. Read more about these talented individuals on pg 8.

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**Violin treat for Tarentaal residents**  
 Teen violinist Ashleigh Conry (14) left residents of Rand Aid's Tarentaal village enthralled when she drew her bow across the strings during her performance at the village's morning market on October 6. "Her music was truly beautiful," says complex manager Tammy Neilson. Ashleigh is a learner at Reddam House Bedfordview and lives in Aston Manor, Kempton Park.



### Tarentaal village spring fete

Ayanda Matthews, Rand Aid's GM Compliance and Social React Division, with Tarentaal staff member Shelly Joy. The ladies were happy to sell boerewors rolls to visitors of Tarentaal village's annual fete on September 2. The event was a fun morning out for families and visitors who were impressed with the colourful decorations that were dotted around.



### Doggone fun at Tarentaal!

Tarentaal village's last Friendship Draw for 2017 – held on November 15 – was a tail-wagging affair. Paws for People arrived with their beautiful therapy dogs, and the residents loved the time spent with their four-legged friends. The NPO visits the retirement village each month. "The residents love touching and interacting with the dogs," says Tarentaal's deputy manager, Laetitia Goosen. Paws for People offers animal-assisted therapy and animal-assisted activity programmes in a number of provinces. Pictured are Paws for People's Moira Dexter (with Sherrie), Sue Marrs (Rafiki), Lynne Hopkins (Legolas) and Dora Ingold (Juke).



### Ghouls and witches come to tea

With the month of October being known as the Month of the Elders, Ron Smith Care Centre residents were treated to a lovely tea with a Halloween theme on October 26. In the week before the event, the residents were busy in the activity centre, making table decorations to create a fun, Halloween atmosphere. Pumpkin lanterns, flying bats and witch party hats were the order of the day. After a delicious tea of quiche, sausage rolls and cream scones, the tables were pushed back so that the residents could dance away the afternoon. Pictured are Elaine van Heerden and Sarah Richards with some of the spooky table decorations.

### Little actors delight

There were 'aahs' of delight when a band of children aged between three and nine years put on a play for residents of Ron Smith Care Centre on September 14. The children from the Arrows Homeschool Group also recited some poetry. The play they performed was called, 'In the Garden', which is based on the classic Russian folk tale, 'The Enormous Turnip'. The sweet little actors and actresses gave a wonderful performance which was enjoyed very much by all.



With  
gratitude

27 October 2017

Dear Ron Smith Care Centre management and staff

RE: Gratitude for care of Margaret Cohen

This is just a note to express our sincere thanks to so many people at Elphin Lodge and Ron Smith Care Centre for their kindness and care of our mother, Margaret Cohen, in the weeks and days leading up to her passing. Mom lived at Elphin Lodge for many years and as her health deteriorated, it was an enormous comfort to her – and to us – to know that even though she continued to live in her flat, help was just a call away. After her last illness which resulted in her being in ICU for 35 days and in hospital for a further seven days, she was admitted to Ron Smith Care Centre's River Lodge One. We were blown away by the quality of the nursing care, the incredible compassion shown to her by every single person there – from the cleaning staff and nurse aides right through to the two amazing sisters – Sister Lianne and Sister Tilly. Our father, Max Cohen, also spent his last days in River Lodge One some eight years ago. The contrast to what it was like then, and what it is like today, is incredible. Through your Eden Alternative journey, the place has been transformed into a warm and homely environment. The pretty flowers in the bathrooms, the thoughtful messages and pictures on the walls contribute to this – but most of all it is the caring, friendly attitude of the staff, that makes such a difference. Mom was so appreciative of this loving care – and so were we. We also truly appreciated the way Sister Lianne and Sister Tilly kept us constantly informed about her condition; the way they personally kept checking in on her, especially during her final days and hours; and for their compassion and caring for us, during her final hours and afterwards. We'd also like to thank the admin team at Elphin – Phyllis Phillips, Auriel Wittert, the maintenance staff and so many more – for assisting us after mom's passing with so many things: from the setting up of prayers in the clubhouse to assisting us with clearing her flat.

Thank you. Thank you. Thank you!

Kind regards,  
Barbara Baetu, Marilyn de Villiers and Jenny Michaeli (from New Zealand)



## Inyoni Creek Christmas Market

Douglasdale's Roy Watts had an array of tempting treats for sale at Inyoni Creek's Christmas Market on November 10. The retirement village's waterfront clubhouse was filled with tables selling a variety of goods, many of which were Christmas-themed. After browsing and buying, visitors could treat themselves to toasted sandwiches or scones served with jam and cream.



## Inyoni Creek singers note school's needs

The Inyoni Creek Singers under the direction of resident Carmel Borland regularly entertain fellow residents. Funds raised from the entertainment enable the village to make annual donations to the Saint Martin's Pre-school and Saint Teresa's Crèche, based at Joseph Gerard Foundation in Alexandra. This year, three CD players and various children's CDs were handed over in September. Pictured are Fundiswa Shabangu (manager), Banyana Poo (teacher), Girly Mokoena (acting principal), Inyoni Creek complex manager Jenny Tonkin and residents Tildy Eberhard and Sue Benjamin.



## Children make Inyoni Creek tea that much sweeter

The children from St Martin's Pre-school in Alex entertained the residents of Inyoni Creek at the village's tea morning on November 2. After the concert, they had cooldrink and cake and then happily went back to class with sweetie packs for all 145 children at the school. "It was a wonderful morning," says complex head Jenny Tonkin. Pictured is resident Claude Pearce dancing with the children.



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## Wedge Gardens substance abuse treatment centre

### Lives reclaimed through mindfulness

Wedge Gardens' Kendra Neethling has begun the journey to becoming a Mindfulness-based Stress Reduction (MBSR) teacher through the University of Massachusetts.

The American university is considered a MBSR leader, says Kendra, who heads up the Wedge occupational therapy department.

MBSR is respected within the medical community, she says, and is offered as a complement to traditional medical and psychological treatments, rather than a replacement.

Kendra recently introduced MBSR sessions at Wedge Gardens, which prides itself on offering holistic rehabilitation that addresses not only a patient's addiction but its root causes. The centre also has programmes to equip patients for reintegration into society so that they are less likely to relapse.

Mindfulness teaches participants how to harness their own innate abilities to diminish stress and pain, and to improve overall physical and mental health.

Kendra explains: "Mindfulness is a practice of developing the skills of paying attention in a particular way through non-judgement and acceptance of the present moment. It is a skill with many benefits, including stress reduction, decreasing impulsivity and creating fulfilling engagements in daily life."

She says that Viktor Frankl, Holocaust survivor and the creator of Logotherapy – which is the pursuit of meaning for one's life, sums up the benefits of mindfulness perfectly for those engaging in a journey of self discovery and recovery: "Between stimulus and response there's a space; in that space lies our power to choose our response; in our response lies our growth and our freedom."

"In other words," says Kendra, "one of the main skills the Wedge Gardens patients are learning is that of pause: a pause or a moment where one can choose how to respond rather than react to life."

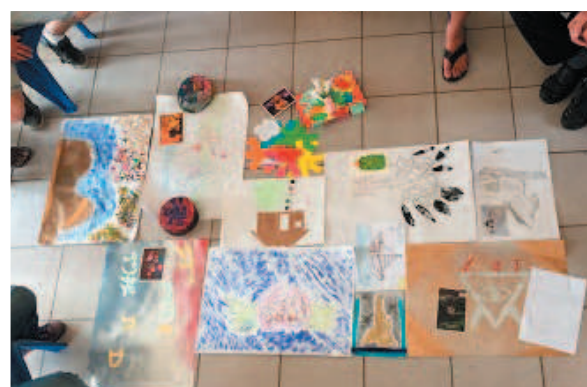
"Most of us are unaware of this space 'between stimulus and response' because we get caught in habitual patterns of reacting to life. Mindfulness makes us aware of these patterns of behaviour," she says.

The mindfulness sessions that start the day at Wedge Gardens begin with some theory around the benefits and skills of mindfulness and conclude with the experimental, active engagement of the skills; such as body scans, breath meditations, mindful movement and cultivating awareness of thoughts, feelings and behaviours.

Kendra says that mindfulness has begun to permeate the lives of the people at Wedge Gardens, with noticeable benefits to their recovery process. "It is with great anticipation that Wedge Gardens continues to grow in this practice," she says.



A mindfulness exercise at Wedge Gardens.



The end products of the art therapy sessions.

## Healing through art at Wedge Gardens

**A**rt therapy has been included in Wedge Gardens treatment centre's occupational therapy (OT) programme.

This expressive therapy uses the creative process of making art to improve the physical, mental and emotional wellbeing of people undergoing substance abuse rehabilitation at the centre, which is situated in Whitney Gardens outside of Johannesburg.

Kendra Neethling, the centre's occupational therapist, underwent an intensive five-day art therapy training course. In mid-September, the first four-week art therapy journey at Wedge Gardens was successfully concluded. Run as a closed group, it was targeted at specific individuals.

*"Art as a modality in OT is a highly expressive and evocative technique that allows individuals to engage in a carefree, unstructured and highly personal journey towards self discovery," says Kendra. "It is a safe space utilised for non-judgemental self expression and was highly enjoyed by the eight patients who partook in the first four-week expressive art therapy sessions."*

The patients recounted, during their last group, the high level of flow they experienced in the sessions: feelings of contentment, mastery over their environment, discovery of self and a shared sense of space and communality in experience.

"The gentlemen were given two-hour sessions in which they had free rein to utilise any and all materials in the OT department after a warm-up/introduction to the session. The groups were then concluded with an hour of sharing, discussion and debriefing."

"There has been noticeable motivation from the other patients at Wedge to partake in the next four-week journey – with all spaces for the sessions already filled."

Kendra is thrilled at the level of engagement from the patients and is excited to see the evolution of the groups as time unfolds. The expressive art therapy groups are yet another example of how the power of activity can create monumental shifts in a person's motivation, attitude, skills and self awareness.

**For more information, call 011 430 0320. You can also 'like' Wedge Gardens on Facebook ([www.facebook.com/WedgeGardensTreatmentCentre](http://www.facebook.com/WedgeGardensTreatmentCentre)) or follow them on Twitter (@WedgeGardens)**

## Don't open the addiction door, says social worker

Wedge Gardens recently teamed up with New Hope, a secondary care halfway house in Illiondale, to warn Vryburger High School students against addiction.

The awareness initiative was organised by Edenvale's Newday Church.

Wedge Gardens social worker Karen Griessel says the main idea was to educate the learners of the Germiston school about the realities and dangers of drugs and alcohol.

"Unfortunately, the use and abuse of substances has become more prevalent in our society," she says, adding that the learners listened with intense curiosity to media reports, testimonies from addicts and psycho-education presentations.

"I gave them information regarding the process of addiction and its development stages, moving from experimentation to the reality faced by many high school learners of chronic dependence and full blown addiction, which leads to jail, institutions or death.

"As a passionate person in a helping profession, I have seen the worst side of this disease [addiction] and cannot overestimate how important it is to reach out to younger minds in the hope that they begin to understand the devastation and decide not to open the door to substance abuse," says Karen.

## Learners get the nitty gritty on abuse

Wedge Gardens' staff presented a preventative programme to the Gr 7 learners at Gustav Preller Primary School in Roodepoort on September 28.

"The information forms part and parcel of their Life Orientation subject; we touch on various topics but zoom in on addiction," says Adél Grobbelaar, the head of the substance abuse treatment centre. "The programme we present is educational and deals with what drugs are, the different classifications of drugs and the consequences of abuse. We divide learners into smaller groups to give shy children an opportunity to ask questions," says Adél, adding that this is the second year they have presented the programme to the school's Gr 7s.

## Wedge Gardens substance abuse treatment centre

## Wedge triumphs over obstacles

**T**he completion of Wedge Garden's obstacle course, a project initiated and completed by the occupational therapy (OT) department, has seen yet another dimension being added to the substance abuse treatment centre's already diverse treatment programme.

The head of the Wedge Gardens OT department, Kendra Neethling, says that while the project was completed with the help of Rand Aid grounds manager George Vermeulen and his team, the patients were involved every step of the way.

On Friday, October 13, the obstacle course was officially opened. The occasion saw fierce competition between patients from Johannesburg's Hope House, Wedge Gardens and Rand Aid staff members, with each team racing to complete the obstacle course in record time!

"A lot of excitement, anticipation, energy and enthusiasm characterised the morning. The obstacle course encouraged team work, co-operation, effective communication, problem solving and internal motivation, not to mention humour and the ability to let go and have some fun!" says Kendra.

Kendra introduced the day with a brief background into the rationale behind the obstacle course's construction. "I noticed a need for greater leisure exploration, more productive time use and healthy activities which offer an alternative to drug and alcohol use.

"As the year progressed and I continued to witness that there was an increasing need for skills development in areas such as work/productivity – including judgement, planning and decision making; social and self skills – including self-esteem, communication, conflict resolution and emotion regulation; and leisure/coping skills – including building resilience, positive emotions and flow-activities; I decided to work with the patients' strengths to formulate a treatment programme that would have long-term benefits. This process gave rise to the development of the obstacle course."

The journey towards the open day had many challenges and successes, she adds.

"I think the highlight of the experience, apart from the skills learnt and the completion of the course itself, was the whole 'doing process' engaged in by both the patients and me.

"We worked as a team towards the achievement of a goal. With addicts, this is a huge accomplishment as any attachment or relationship formation is dangerous and vulnerable territory for them.

"Furthermore, setting goals and achieving them is often an elusive concept to people battling substance abuse as their internal motivation tends to be quite low, with high levels of impulsivity and huge limiting fears of failure.

"My pride in being an occupational therapist has been bolstered by witnessing the incredible therapeutic power of activity through the construction of the Wedge Gardens course over the past couple of months. I could not be happier with my patients and our achievement and I cannot wait to witness the use of the course within the therapy programme."

Kendra concluded her message to all at the open day by saying how fulfilling it is to know that the course will be there for years to come, and will be enjoyed not only by the current patients, but by people who seek help at Wedge Gardens in the future. "One of the greatest ways to develop a sense of meaning and satisfaction is to do something 'for the greater good' of others.

**LEFT:** Wedge Gardens patients enjoy the new obstacle course.





## THORNHILL MANOR PLEASES PALATES

**T**here were no grumbling tummies at Thornhill Manor retirement village on September 8.

The village held its second food market from 12 noon to 2pm. Visitors to the community centre had their pick of meals and a tea table and sundowners station provided hot or cold beverages.

Meals could be eaten hot at the little spring country restaurant set up inside and outside, or taken home and frozen for a later date. Lovely background music and the chatter and laughter of neighbours and friends enjoying a scrumptious home-made meal and a glass of wine filled the air.

The residents who did the catering ensured a pleasing selection. Yvonne Ciapparelli had on offer cottage pie, lasagne, garlic bread, quiche and green salad. Di Zylstra and Maureen Scholfield served savoury pancakes filled with mince or chicken and mushrooms, while Mabel Kwan prepared cheese, vegetable and chicken spring rolls. Barbara Damstra and Shirley Gooch tempted with beef mince and chicken samosas and to end things off on a sweet note, Ruth Meredith and Val and Bill Kruger offered an array of baked goods and puddings.



Ruth Meredith and Val and Bill Kruger were a welcome sight for those with a sweet tooth.



'My garden is my most beautiful masterpiece' — Claude Monet. Jenny Brownson happily manned the Garden Stall.

## Retail therapy and yummy food at Thornhill Manor

After a rainy start, Thornhill Manor's Family Fun Day and Fête on October 7 turned into a bright, beautiful and highly successful day.

The retirement village is known for the excellence of its annual fundraiser, which spreads out over green lawns, under shady trees and in the cosy hall, and attracts quality stalls and a steady stream of visitors.

This year's event was no different, with 40 outside stalls selling hand-crafted wares and the village food stalls providing hamburgers, boerewors, tea and cake, pancakes, egg and bacon rolls, curry and rice and delicious German delicacies.

"The residents worked very hard and without them, the day would not have been so successful," says deputy complex manager Jackie Scott. "The proceeds of the day are utilised for projects in the village."



## Thornhill Manor singles' dinner

Thornhill Manor held its annual Singles' Dinner on Wednesday, September 20. Residents enjoyed a glass of wine and a delicious meal cooked by Cookchill, the NPO's in-house catering division. A fun competition — complete with prizes — was held, in which participants had to identify a number of celebrities. "The decorations were lovely and everyone dressed in black and white," says deputy complex manager Jackie Scott. Seated, from left to right, are: Yvonne Ciapparelli, Jenny Brownson, Molly Coltman, Helga Engelbrecht and Maureen Stewart. Standing: Edna Magua, Margaret Dempster, Maureen Scholfield, Barbara Arnoldi, Joy Blain, John Paulsen, Maureen Lowe, Amanda Brown, Jean Quirk, Len Westoby, Eunice Harris, Elizabeth Cook, Erna Lloyd, Frayne Mathijs, Maria Kloppers, Ruth Meredith, Sylvia Sinclair and Joan Scott.



Edith Morley and Di Zylstra had light and fluffy pancakes on offer.



# Heritage celebrated through dance

**H**eritage speaks of who you are, where you come from and where you are going. September is a month when all of South Africa celebrates the country's rich diversity in art, history, customs, traditions, language and food, and as we all know, we are a rhythmic country and there is no celebration in South Africa without music and dance!

Weeks before the Heritage Celebrations at Ron Smith Care Centre, residents were excitedly making themselves headbands which were designed with their name and the country of their origin. Although the majority of residents have a South African background, there were representatives from Italy, Portugal, Germany, Holland, Lithuania, Latvia, Indonesia, England, Scotland, Ireland, Canada, Israel, Namibia and Zambia, giving the whole day a universal feel. Colourful flags from all over the world were made in the OT Activity Centre and were used as centrepieces for the gaily decorated tables.

Then on Friday, September 22, the community at Ron Smith Care Centre gathered outdoors in their numbers to celebrate, through music and dance, the richness and diversity of cultures represented at the care centre. Seated in the lovely shade of gazebos and umbrellas, residents and visitors were treated to a cultural dance spectacle performed by various staff from housekeeping, nursing, kitchen and gardening services, who were all beautifully attired in their various national dress.

The dance programme took the audience around the world and included a traditional Sepedi dance called Step, several Middle Eastern belly dances, the folk dance Tarentella from Italy, traditional cultural dances by the Shangaan, Tshonga, and Venda (Xibelani), Zulu and Xhosa groups, a Spanish Line dance (Ah Si), and an Israeli folk dance called Nigun Atik. Then it was on to Austria where the staff scattered into the audience and danced with the seated residents to a beautiful Viennese waltz. The show ended with the whole care centre community being invited to join in the last dance to music by the well-known group Malaika.

The cultural dance show was followed by a traditional South African braai.

Debbie Christen, Rand Aid's Manager: Recreational Pro-



grammes, commented: "Music and dance have a way of bringing people together through the sheer joy of music and movement. It truly is a universal language and tends to create a wonderful feeling of unity and harmony."

Many of the residents remarked that it was a joyous celebration and that they have a new awareness and appreciation for the diversity of cultures in South Africa. They were also interested to learn more about the cultural identities of their neighbours.

## Mama Mia, what a perfect party!

The staff and residents at Ron Smith Care Centre, particularly those on the Woodlands wing, were excited for weeks as they prepared for an Italian-themed Happy Hour for the entire care centre on November 15.

The dining room was gaily decorated in green, white and red (the colours of the Italian flag) and guests were invited to wear the same colours, which were very bright and colourful. Each table was decorated with a tin centrepiece which was filled with a paper flower fan with a cheerful, moustached Italian chef in its centre holding a big pizza, the Italian flag, red and green flowers and some raw spaghetti!

These unique creations were made by the residents and staff in the OT Activity Centre. On the menu were home-made pizza, sausage rolls, themed cupcakes (also made by the residents and staff) and Sangria, light white wine or non-alcoholic punch.

The residents were divided into five teams: Teams Spaghetti, Macaroni, Ravioli, Cannelloni and Lasagne and participated in a memory and colouring-in challenge.

The quickest team to complete the challenge correctly won the prize. Team Lasagne took the honours! The best dressed female resident prize was awarded to Sylvia Dale from Woodlands; the best dressed male resident was Enzo Merolla from River Lodge 1 and the best dressed staff person was Hilda Mabaso – housekeeping supervisor.

The highlight of the evening, however, was the musical skit performed by some of the care centre staff. They acted out the lyrics to a piece of music entitled, "Home to Mama" which is an upbeat light-hearted song about a handsome young Italian man who travels the world, searching for a wife. Along the way, he encounters a Span-



**Val Glanvill, Sister Gwen Coutinho and Aletha de Klerk.**

ish girl (full of fire!), a French girl (ooh-la-la!), an English girl (pretty but shy) and Lorna from California (really wild!).

The staff gave a lively, hilarious performance which had the audience laughing, singing, clapping and cheering. Mama Mia, what a happy, joyful time was had by all!

# RAND AID'S GREAT ARTISTS

**F**ive Rand Aid residents have art on the heart. A diverse community of people live in the four retirement villages run by the 114-year-old NPO. What was not known until recently, however, is that among the residents are five artists whose work can be found across the world.

When Inyoni Creek resident Harry Voerman turned 90 recently, a chat with him revealed that he is well known in art circles. Then someone recalled that fellow Inyoni Creek resident Vernon Schultz has also made a name for himself as a painter. A little bit of digging uncovered another three Rand Aid artists: Ethelwynne van Eck, who lives at the Elphin Lodge complex, Joseph Capelle of Thornhill Manor and June Branthwaite, also of Elphin Lodge.

Only June and Ethelwynne, who are both involved in the village's art group, knew each other; the others were not aware that they had art contemporaries in their midst. Interestingly enough, Vernon and Joseph sit a pew apart in church each Sunday but neither one knew that the other was a fellow artist or a member of the Rand Aid community.

## A palette pleasing tea!

At a tea organised on November 10 to bring the five together, they shared art stories and viewed each others' works.

The baby of the group is 78-year-old Joseph Capelle. He was a commercial artist – working in advertising agencies and doing paintings that he knew would sell – until a life-changing experience made him take stock of what he really wanted to do.

"I was hijacked and kidnapped," he says, explaining that the trauma prompted him to follow his heart and create art that is true to himself. Today, Joseph is well-known for his religious-themed paintings, including a series of modern depictions of the Stations of the Cross. He has 153 paintings in churches across the country. In addition, many of his works have found their way into private collections. Some of the more prominent places where his work can be seen are the Merchant bank, Sun City, Oracle and Sugar Beach Hotel in Mauritius.

Joseph received good reviews and sold many paintings after a solo exhibition at the Karen McKerron Fine Art Gallery. He also participated in a group exhibition at the Visual Arts Gallery and showed his work alongside that of Rina Bakis at the Little Louvre.

One of his most recent bodies of work, called 'Journeys', examines the internal, private and mysterious workings of the movement of times in the lives of individuals.

He remains a passionate and active artist.

## Life-altering event

Another Rand Aid artist whose life was changed in a heart-beat is June, 83. After losing loved ones in a tragedy in 1982, she found solace in art.

Although she enjoys pastels, mixed media, silk and Chinese painting, her first love is watercolours. She is a proud Associate of the Watercolour Society of South Africa and has participated in many exhibitions. Her painting 'Shapes Interwoven' came first in the 1999 Watercolour Society of South Africa Branch Signature Awards and in 2001, Touchwood Gallery submitted

three of her paintings to the Grahamstown Arts Studio.

Vernon, 92, also only started painting late in life. When he was a youngster working on the mines, he borrowed a bicycle and pedalled off to the CNA where he bought a set of paints and executed six paintings. However, he did not pick up a paintbrush again for a number of decades, until a hernia at age 74 forced him to find a pursuit gentler than the furniture making and house building he had for years been doing for loved ones.

## My home, my gallery

A Probus club pioneer, he cajoled a fellow member into giving him a few art lessons and the rest, as they say, is history. Vernon has been a prolific painter. Most of his work has been commissioned by friends and associates through word of mouth and his home has been his gallery.

"I remember once someone walked in and took five paintings off the walls, and then returned five months later and took another five," he says.

He remembers taking one of his first paintings to be framed, and this leading to a commission of a painting depicting animals around a waterhole. "It was my first decent sale."

He was subsequently commissioned to do a series of bird paintings and then asked to paint ancient cycads, which in turn led to the sale of another 25 of his paintings by the same person.

Vernon held a number of exhibitions in Edenvale over the years.

## Life happened

Ethelwynne did a BScience degree at the University of Natal, ma-

joring in Botany and Zoology, before earning a University Education Diploma and going on to teach high school biology for many years.

Her soul sheltered an artist, though, and in her 40s, she did an Arts degree at UNISA and attended the School of Art in Johannesburg.

"I took up painting with a passion and sold hundreds of my works - mainly still life and flowers," she says.

In 2015, Ethelwynne had a stroke which affected her right hand and leg. She thought it was the end of her art journey but she recently joined the art group at Elphin Lodge, where she is not only teaching herself how to sketch using her left hand but also tutoring the members where needed.

After two years, she has reconnected with the world of art and proved that where there's a will – and a passion – there's a way!

It seems that many an artist has had to suppress their creativity in order to secure a stable income. Dutch-born Harry studied in Rotterdam before becoming an engineer.

In 1959 he emigrated to South Africa and continued his engineering career. However, in 1969, at the age of 42, he could no longer subdue his artistic side and tackled his first serious painting – a still life.

Harry participated in workshops with Machiel Hopman, Richard Rennie and George Boys and held many exhibitions in Holland and South Africa over the course of his painting career.

The many vibrant canvases he has created over the ensuing years are a reflection of the man himself.

*"I took up painting with a passion and sold hundreds of my works - mainly still life and flowers"*