



On 29 July 2025, the NC4H hosted a Men’s Dialogue, a vital platform dedicated to encouraging men to openly share their challenges, support one another, and seek constructive solutions together. The dialogue emphasised the importance of men speaking honestly with other men – creating a safe space to discuss struggles, break down barriers of silence, and foster a sense of brotherhood and accountability.

Representatives from Nedbank, the Department of Sport and Recreation, and the Department of Health addressed residents, offering insights, resources, and encouragement aimed at equipping them to face life’s challenges with resilience, responsibility, and hope.

Mr. Pillay’s presentation focused on the importance of becoming financially smart and adopting practical strategies for saving money. He emphasised the value of building a strong financial foundation, especially for those preparing to take their next steps toward independence.

As part of the session, senior residents received assistance in opening savings accounts, a crucial step in managing their finances effectively. This was particularly beneficial for those planning to launch small businesses or “side hustles” after completing the aftercare programme, equipping them with the tools to handle their income responsibly and sustainably.



MR. B.H NGIDI
SOCIAL WORKER FROM
OSINDISWENI HOSPITAL

The charge nurse spoke on key men’s health topics, highlighting the importance of prioritising wellness and taking proactive steps toward healthier living. He stressed the critical need for individuals on medication to remain consistent and compliant with their treatment, noting that discipline in this area can prevent serious complications and improve overall quality of life. In addition, the session provided an open platform for residents to raise a wide range of general health concerns, which the charge nurse addressed with clarity and care.



MR. SHANNON PILLAY
NEDBANK

Mr. Ngidi delivered an address highlighting the need to confront social ills that continue to affect communities. He placed strong emphasis on the responsibility of men to stand as part of the solution to gender-based violence rather than being contributors to the problem. His message challenged residents to reflect on their roles, attitudes, and actions, calling them to foster respect, dignity, and safety in all relationships.

In addition, Mr. Ngidi tackled the pressing issue of substance abuse, exploring both its root causes and the far-reaching problems it creates for individuals, families, and society at large. He urged residents to recognise the destructive cycle of substance abuse and to actively pursue healthier choices and support structures.



MR NGIDI
CHARGE NURSE FROM
OSINDISWENI HOSPITAL

VEGETABLE GARDENING WITH NORTON ROSE FULBRIGHT



The NC4H was recently privileged to welcome employees from Norton Rose Fulbright, who generously joined hands with our residents in cultivating growth – both in spirit and in soil. Together, they planted seedlings and nurtured our sustainable vegetable garden, a project that continues to provide nourishment and hope.

After their work in the garden, the team prepared lunch for the residents and shared meaningful moments of conversation and encouragement. Their presence was not only practical but deeply uplifting. The NC4H extends heartfelt gratitude to Norton Rose Fulbright and their staff for their generosity, time, and commitment to making a lasting difference in the lives of our residents.



YOUR DONATIONS CHANGE LIVES

The NC4H is a halfway house that reintegrates people experiencing homelessness, with a substance use disorder, back into society as skilled and capable citizens. Although our programme has a high success rate, it is resource-intensive as beneficiaries stay at the Napier Centre for a period of 6–8 months. As we serve the poorest of the poor, we offer our services at no cost but rely on the financial generosity of people of goodwill.

Please help us generate the necessary funding to sustain operations.

If you are an existing MySchool cardholder, please consider nominating the NC4H as your beneficiary of choice. Simply click on the link below to add us: <https://www.myschool.co.za/portal/login> If you don’t yet have a MySchool card and would like to apply for one, please click on the link below: <https://www.myschool.co.za/portal/register?beneficiary=12799>



Thank you for partnering with us to make a positive change, one person at a time.

As a non-profit organisation that offers its services at no cost to the vulnerable, your support matters now more than ever. Why not get in touch if you can help in any way? Alternatively, please find our banking details below should you wish to contribute towards our mission.

Bank: **FNB**
Account Name: **Napier Centre 4 Healing Trust**
Type of Account: **Current Account**
Account Number: **6271 848 0007**
Branch Code: **22 05 26 00**
Branch: **Florida Road**
SWIFT Code: **FIRNZAJJ**
Please use **Your Email Address** as the reference.



To make a credit/debit card donation via the secure online platform PayFast, please visit www.napiercentre.org or click on the following link: <https://www.payfast.co.za/donate/go/thenapiercentre4healingtrust>

The right to privacy is an integral human right recognised and protected in the South African Constitution and in the Protection of Personal Information Act 4 of 2013 (“POPIA”). We wish to assure you that your personal information (name and email address) is safeguarded at the NC4H and is used only to forward periodic updates regarding the NC4H’s projects, programs and services as well as our various fundraising campaigns and events – and to point out that the option to unsubscribe is provided at the end of each newsletter.



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