



SOLE SISTERS 2019: Journey of change



After six months of training and running more than 12 000 km collectively in preparation, the Sole Sisters completed 3 marathons in 3 days in early May 2019: that's 126 km! These marathons took us from Blanco to Bedford on gravel and farm roads and over mountain trails. This was not an easy undertaking, but done with a common goal in mind: we were running to honour the support offered to us to make a difference at the McKaiser Old Age Home in Currie Street, Grahamstown.

We were able to raise over R 152 000 in cash donations, as well as many contributions of time and materials and offers to make significant improvements to the home in kind. These funds have been used to improve the facilities at McKaiser. The aim is to make long-term structural improvements, rather than spend the money on consumables.

The purpose of this newsletter is to thank the contributors and to show off what has been done so far with the money raised by the 2019 Sole Sisters.

The 2019 team was Megan, Dani, Lisa, Jane, Nikki, Penny, Judy, Amy, Kate, Michelle, Bronwyn, Kerry, Carissa and Pippa.

The community has been incredibly generous. We thank you and are deeply grateful for your contribution, which has helped us to make a difference.



If you want to run fast, run alone. If you want to run far, run together.



Broken gutters replaced with new aluminium gutters – thank you to Jon Lisher of AquaFlow.



Many windows replaced with new aluminium-framed windows and remaining windows fixed and repainted – a BIG thank you to PG Glass.

The parking bay for the bus was concreted.



Residents' rooms have been painted.



Eye care was provided for residents – thank you to Dr Davies Optometrists.

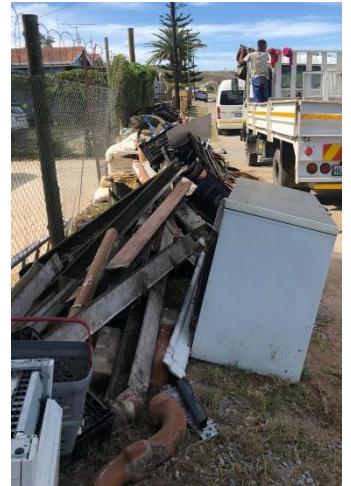




Kitchen cupboard doors repainted and repaired and new drawers installed.



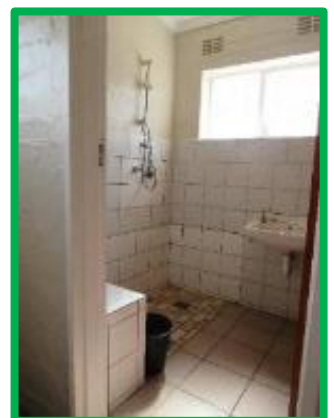
Broken chairs and rubble have been removed.



Dangerously uneven concrete paths have been repaired.



Two new wheel-chair-friendly showers have been fitted.

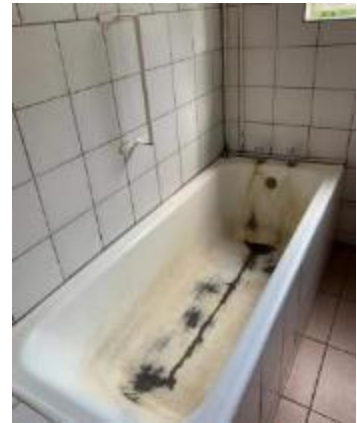




There is still more to be done and we will be running in support of further structural improvements at McKaiser Old Age Home this year:

Please visit www.solesisters.co.za if you are able to help.

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- Pave remaining pathways around the courtyard where uneven ground is dangerous for residents
- Paint bedroom doors and cupboards to brighten the rooms
- Re-enamel the bath
- The home is in desperate need of an industrial scale washing machine to cope with the large volume of soiled linen generated
- Fascia boards and wood supporting verandah covers need repair and painting

