

Hangklip Community Care Centre

Reg No. 102-000-NPO



Quarterly Newsletter – No. 5, October 2018

Hangklip Community Care Centre (HCCC) is a fully independent, registered NPO. Our vision is to promote a closely-knit Hangklip community (residents of Betty's Bay, Pringle Bay and Rooi Els) in which there is mutual caring for one another, and in which problems of inadequate nutrition, loneliness, infirmity, neglect, etc., are effectively addressed. In pursuit of this vision, we facilitate a range of services to the community, assisted by a large team of community-based volunteers. Such services include:

- *Nutritious and enjoyable meals provided at subsidised, affordable prices*
- *Food parcels disseminated free of charge to residents who struggle to provide for their basic nutritional needs*
- *A clinic for dispensing chronic medication, also offering routine medical tests and access to medical/nursing aids on loan*
- *Opportunities for group activities, recreation and social interaction.*

In addition, we are actively developing an initiative which we call HAIL (Home-based Assisted Independent Living), through which residents with diminished capacity to care for themselves, or inability to function with full independence, can be assisted to continue living in their own homes, within the community and surroundings they love, for as long as possible.

HCCC services are funded from a range of sources, including membership fees, a Department of Social Development grant, donations from local churches, businesses and individuals, as well as from various fundraising activities. HCCC is privileged to enjoy free use of kitchen, dining-room and office facilities located at the Lakeside Chapel, and for this reason we operate from the Chapel's premises, situated at the corner of Wheeler and White streets, Betty's Bay.

Ongoing services

All indications are that the number of **meals** prepared and provided three times a week, on Mondays, Wednesdays and Fridays, will again exceed 4 000 by the end of the current financial year. Approximately half of these are subsidised to the maximum degree, being purchased for only R10/meal by members whose household income is below the set threshold. This price is given perspective when considering that the total cost of producing such a meal has averaged R39.12 since the beginning of the current financial year (1 April 2018). Members who are required to pay the maximum price of R35.00 currently also receive their meals at well below cost. Ideally, the meal price for this group should be set at the break-even point, or even higher to assist in subsidising lower-income members. We anticipate that an adjustment in meal prices will soon become necessary because of this current and steadily increasing imbalance. Even so, members would then still experience unsurpassed value for money, considering the high quality of the meals which they can either collect from the kitchen or enjoy in the HCCC dining room. (*Enquiries: Patricia Ackerberg – 082 378 1641*).

The **clinic**, held once every eight weeks, continues to serve more 100 patients per occasion by dispensing (government issued) chronic medication and recording basic medical observations. In addition, Hangklip residents who have a temporary need for nursing/medical aids can borrow such equipment from the stock held at the clinic. There is no charge, but donations are welcome. We try to make clinic visits pleasurable by fostering a congenial atmosphere and offering tea, coffee and refreshments to patients while they wait. We are open to suggestions as to how clinic visits can be made more meaningful and beneficial to patients. (*Please contact Linette Perold – 084 522 0809*)

The **food parcel service** remains stable, with 35 parcels currently being distributed monthly to households within Betty's Bay and Mooiuitsig. Residents in need throughout the Hangklip area may apply to become beneficiaries of this service. Approval of applications will depend on the outcome of a means test based on household income. (*Enquiries: Patricia Ackerberg – 082 378 1641*).

We strive to create ever more opportunities for **social interaction and recreation**. On most Wednesdays the HCCC **dining room** is filled to capacity as people share in a lunch and enjoy one another's company. Recently-introduced sit-down lunches on Fridays are also gaining in popularity. Booking for sit-down meals on both days is essential. (*Contact Patricia Ackerberg – 082 378 1641*).

The twice-weekly **Pilates** classes remain fully subscribed, with a waiting list to join. Responding to demand, the **bridge** "club", which is open to experienced players as well as novices, now meets on the first and third Tuesday afternoon of every month instead of once a month only. (*Enquiries: Willemien Law – 072 368 8780*).

Home-Based Care and HAIL

In recent months, while exploring how HCCC could best facilitate the development of a well co-ordinated team of home-based carers, it has become clear that we must work hand-in-hand with carers already in the field. Some have a considerable background of experience and training, others less, but all are very committed to giving the best service they can. What lacks is ongoing liaison, support and education – all of which are essential if a standard of excellence is to be maintained. Apart from carers, we are fortunate to have some local nurses trained in palliative care and others with valuable related skills.

The challenge we see is to forge a cohesive, mutually-supportive team. HCCC has thus decided to hold back on providing a formalised training course for carers, in favour of creating a facility for ongoing education, further training and support for the carers in our community. We also recognise that the establishment of good home-based care alone, key as it is to the health care of our community, falls far short in meeting the needs of our aging and infirm residents. Furthermore, its effectiveness will be undermined by the lack of a supportive community infrastructure.

Many of us who have chosen to live in the Hangklip area are concerned that the longevity of our tenure is likely to be limited by the inadequacy of our regional infrastructure and particularly access to health care. It has become clear that with little likelihood of government support, if we are to improve the *status quo* we shall have to pull together as a community and seize the initiative in figuring out a solution.

The home-based care initiative of HCCC is thus not just about sourcing, co-ordinating, or educating carers to support those in need (irrespective of affordability). It has become necessary to adopt a broader mandate: to help our residents sustain a good quality of life and enable them to age gracefully in their own homes, drawing on appropriate support from a caring community. For this we have introduced the acronym **HAIL – Home-based Assisted Independent Living**. HAIL focuses on the following primary requirements: health; safety and security; encouraging independence, the retention of autonomy; combating isolation and loneliness; enhancing communication and enabling stimulation and education. In line with our vision and mission, and having already become established as an arm of the community, HCCC is well-placed to promote all of these. Nevertheless, to succeed, we shall need close co-operation across our three villages as well as a range of resources, which include:

- Skilled nurses; palliative-trained carers; ancillary health and social workers including the input of Overstrand Hospice and Cansa
- Relevant data bases and information systems
- A co-ordinated network to provide or facilitate practical support with regard, e.g. to transport, home maintenance, security, gardening, communication, shopping, etc (volunteer or subsidised)
- Administrative and communication centre (with good IT support)
- Persons with financial and fundraising skills
- Educational and recreational support.

We are currently engaged in refining a draft strategic business plan for HAIL and reviewing our action plan for the immediate future. More detail on this will be communicated in the next newsletter.

In order to introduce HAIL and encourage further discussion, we hosted a well-attended public meeting on 18th October. Elizabeth Scrimgeour from the Drakenstein Palliative Care Hospice was invited as a guest speaker to address us on the subject of “How to live well longer”, describing the role of palliative care in maintaining quality of life and the value of planning ahead for the difficult decisions we must all eventually make. HCCC hopes to present future talks of this kind and would welcome your input regarding desirable topics and speakers. We would also be pleased to provide any further information and facilitate discussion.

(For enquiries or to offer assistance, please contact Joy Rourke – 060 983 8446).

Voluntary service and membership

HCCC, with its mandate of service to our broader community, presents an ideal avenue for those wishing to contribute to the community’s well-being. Presently HCCC operates with only two (part-time) employees and an additional 30 volunteers. The crucial role and scope of volunteer service is therefore self-evident – a scope which is likely to increase exponentially as HAIL gathers momentum, given the range of tasks and expertise which have been outlined. If you feel you can contribute in any way, please don’t hold back. We would be most grateful for any offer of support.

Apart from volunteer service, merely joining as a member of HCCC is of great importance, because it strengthens this arm of support to our community. The membership fee (R60 p.a.) helps to subsidise provision to those in need and contributes to the well-being of all fellow residents. There is a further benefit to members who, as shareholders, gain a voice to influence the HCCC agenda, its services and future direction (especially via the AGM). Members are also entitled to purchase meals served by HCCC at roughly the cost of production, or if struggling financially, well below cost.

(For volunteer and membership enquiries, please contact René Kaljee – 079 840 0868).

Conclusion

Please assist in ensuring that this newsletter is brought to the attention of as many Hangklip residents as possible, both to make them aware of the services that HCCC facilitates and to encourage them to become members. For those wishing to make a once-off or regular cash donation to HCCC (tax-deductible), our banking details follow. Please use your last name and initials as reference and e-mail your contact details to our treasurer, Adrian de Kock (adrian25@telkomsa.net) to allow us to issue an appropriate receipt for tax purposes.

Account Name: Hangklip Community Care Centre **Bank:** First National Bank **Account No:** 62460003818

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