

HANGKLIP COMMUNITY CARE CENTRE

Reg No. 102-000-NPO



Quarterly Newsletter – No. 3, April 2018

Vision

The vision that Hangklip Community Care Centre (HCCC) has for our local community is that harmony, mutual respect and a culture of caring for one another will become entrenched so that none, especially those who are needy, elderly or infirm, need go hungry or be lonely or feel neglected. In order to realise this vision in a practical sense, the HCCC:

- *Mobilises financial support for service provision from government, business and individual donors*
- *Prepares and provides nutritious and enjoyable meals at subsidised, affordable prices*
- *Provides free food parcels to the needy*
- *Aims to promote and coordinate a home-care service for the elderly and infirm*
- *Facilitates the provision of basic health (clinic) services*
- *Promotes opportunities for group activities and social interaction.*

Whilst HCCC is a fully independent, registered NPO, it is privileged to enjoy free use of kitchen, dining-room and office facilities at the Lakeside Chapel and therefore operates from the Chapel's premises, situated at the corner of Wheeler and White streets, Betty's Bay.

Membership

Membership of HCCC is open to all residents of the Hangklip area, i.e., Betty's Bay (including Mooiuitsig), Pringle Bay and Rooi Els. Should you join, your annual membership fee would entitle you to meals at subsidised rates; more importantly, you would be contributing to the provision of affordable services to needy members of our community. The membership fee for 2018/19 has remained unchanged at R60 per person. For those whose household monthly income does not exceed R2 500, the fee is reduced to R30. Our membership (currently 132), is gradually increasing as more and more Hangklip residents identify with the HCCC's vision as set out above. (*Membership enquiries: Patricia Ackerberg – 082 378 1641*).

Meals

Currently, our main (and fast-growing) service remains the provision of subsidised meals on Mondays, Wednesdays and Fridays. Tasty, nutritious meals can either be enjoyed in HCCC's dining room, or taken home, or delivered to those unable to collect. Depending on household income, the price per meal (unchanged for 2018/19) ranges from R10 to R35 for a member, while a non-member is required to pay R45. During the 2017/18 financial year (which ended on 31 March 2018), 4 072 meals were provided, an increase of 905 (28.6%) compared to 2016/17. Most, by far, of this increase (791) was in the highly subsidised price range, reflecting the sharp (approximately seven-fold) increase in demand among lower-income households. Out of the total of 4 072 meals provided, 1 980 (48.6%) were priced at R10 per meal. This strongly indicates the extent to which needy members of our community are being assisted.

Sit-down lunches on Wednesdays are particularly popular because of the opportunity they provide for participants to socialise whilst enjoying a two-course meal. There is scope for the development of similar "lunch clubs" on Mondays and Fridays, days on which the preference is still for take-away meals.

Clinic services

The clinic continues to operate on one morning every 8 weeks, during which chronic medication is dispensed and basic medical tests are conducted by qualified nursing sisters. Tea, coffee and refreshments are made available to waiting patients. This encourages social interaction and makes clinic visits all the more enjoyable. Additionally, a wide range of nursing aids are available at the clinic for loan on a temporary basis. The clinic of 5th April was attended in person by 74 patients, whilst chronic medication was collected on behalf of an additional 35 patients. The next clinic is scheduled for 31st May.

Food parcels for the needy

The food parcel service, intended for households who struggle to meet basic nutritional needs, continues to grow. Currently, 34 parcels are made up and distributed monthly, mainly to old-age and disability pensioners in the Mooiuitsig and Betty's Bay areas.

Home care

In mid-2017, with the encouragement and support of a forum of church leaders and other interested parties from our community, HCCC launched an initiative to investigate a model for a viable, sustainable home care service for the elderly and infirm in our community. This arose out of a shared concern for the growing number of residents in our area who, despite diminishing capacity to care for themselves, continue living in their own homes either by preference or because of non-affordability of alternatives. The service, as envisaged, would not compete with professional home-care services and professional health services already available in our area, but would seek to collaborate with and complement them in ensuring that home-care services are accessible and affordable to all those in our community who need them, irrespective of income. What we have accomplished to date includes the following:

- Meetings have been held with community fora and resulting from this, a steering committee has been established to guide the further development of the project.
- We have identified available resources (health care service providers, training opportunities) in our area and met with the relevant parties with a view to future collaboration. The Hospice movement in the Western Cape has been particularly helpful in providing advice and guidance, and has agreed to assist with the training of carers and supervisors, as needed.
- We have obtained the help and advice of experienced health-care administrators in initiating the development of a sound business plan.
- We have begun creating community awareness through the afore-mentioned community fora and by using our newsletters to state our goals and report on developments.

Whilst the general need for an affordable system of home-based care in the Hangklip area has been clear from the start, practical realisation thereof requires that we be far more specific in identifying needs. Closely related, and equally important, will be a drive to greatly increase the degree of community awareness of this initiative and its benefits. An informed community would be more likely to bring specific cases of urgent need for home-based care to the attention of HCCC – information which is crucial to our current planning and future operations. Hence we will (from July onwards) be open to addressing various focus groups (church groups, women's/men's groups, special interest groups) on matters relating to home-care. In the meantime, we will be disseminating a notice requesting specific information from the public on home-based care needs within our community. Finally, we are in the process of arranging a public gathering in August (open to all local residents) to introduce our model for home-based care and also to hear a presentation on planning for end-of-life issues by an authority and dynamic speaker on this topic.

Joy Rourke, who leads the home-care initiative, is currently overseas until July. In her absence, please contact Adrian de Kock (082 940 4619; adrian25@telkomsa.net) or George Green (083 283 4454; ggreen@sonicmail.co.za) to obtain further information or to offer any kind of assistance).

Culture and recreation

HCCC provides support for cultural and recreational activities (eg, ongoing Pilates exercises) which contribute to the wellbeing of the Hangklip community. Good news for bridge enthusiasts (or those interested in learning to play bridge) is the imminent start-up of a Tuesday afternoon bridge "club". *Community members who are interested in joining should contact Willemien Law (072 368 8780; wjlaw52@gmail.com).*

Income

Our income (which was in the region of R316 000 in 2017/18) continues to be sourced from membership fees, donations from churches, local businesses and individuals, fundraising activities, sale of meals and government grants. The largest single contribution (R145 000) to our 2017/18 income derived from participation in the Department of Social Development's Older Persons Programme. We are hopeful that this source of funding will remain stable over the next three years. The next largest contribution (R77 400) came from the sale of meals. This more than covered the cost of meal ingredients (R54 300) but fell short of the total cost of preparing meals by some R74 000 – an indication of the extent to which meals for the needy have been and continue to be subsidised. Disappointingly, income from some of the other sources (notably business and individual donations and street collections) registered a recent decline. Despite this, we still ended the year with a healthy surplus of almost R110 000 – an amount which could contribute, but only fractionally so, to the much larger cost of financing the subsidised home-based care programme we envisage. The latter will require vigorous fundraising initiatives, aimed especially at recovering lost ground and gaining new ground with regard to the individual and business donations.

Finally ...

Please assist in ensuring that this newsletter is brought to the attention of as many Hangklip residents as possible. We would like every recipient to consider becoming a member of HCCC but failing that, to at least be aware of the services HCCC provides to our community. For those wishing to make a once-off or regular cash donation to this worthy cause (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.
Branch code: 210460 (Kleinmond) **Account No:** 62460003818