

# Hangklip Community Care Centre

Reg No. 102-000-NPO

Quarterly Newsletter - No. 16, JULY 2021



**Hangklip Community Care Centre (HCCC)** is a fully independent, registered NPO, operating from premises leased from and shared with the Lakeside Chapel, corner of Wheeler and White Roads, Betty's Bay. **Our vision** is for the Hangklip community (residents of Betty's Bay, Pringle Bay and Rooi Els) to be one in which there is mutual caring for one another, and in which problems of inadequate nutrition, loneliness, infirmity, neglect, etc., are effectively addressed. **We therefore facilitate** a range of services to the community, assisted by a large team of dedicated, 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 meet 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.*

These services, along with others more directly concerned with home-based care and support, underpin our **HAIL (Home-based Assisted Independent Living)** initiative – 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.

## **INTERRUPTED RECOVERY FROM A COVID IMPACTED YEAR**

Our previous quarterly newsletter, issued at the beginning of May this year, struck an optimistic note. We had then recently emerged from a difficult year during which various levels of lockdown restriction in response to the 1<sup>st</sup> and 2<sup>nd</sup> waves of the Covid pandemic had severely impacted our ability to deliver our normal range of services (summed up in the text box above) to our Hangklip community.

We were at that point approaching full recovery, and looking forward to tackling the future with renewed energy – but with the realisation that, in the wake of the pandemic, we might have to adapt to new ways of working in order to address new circumstances and changing community needs. To better plan for this, we were able to hold a strategic brainstorming session with community representatives on 10<sup>th</sup> May. Guidelines which emerged from the session still need to be digested and in due course acted upon. The process of following up the strategic session was unfortunately interrupted by the restriction on gatherings and meetings imposed towards the end of June with the onset of Covid Level 4 lockdown regulations.

Also abruptly interrupted, once again, were normal services which had gradually resumed after the 1<sup>st</sup> and 2<sup>nd</sup> Covid waves had subsided. These services consisted mainly of organised opportunities for social interaction and fellowship (i.e., sit-down meals, tea and refreshments for clinic patients, friendship circle gatherings) and recreation (bridge, Pilates, cultural talks) Fortunately, this latest break in service continuity has been relatively short (about

5 weeks since commencing in late June), and we look forward to full resumption by early to mid-August.

## **ONGOING SERVICES**

Our essential nutritional services have fortunately not been interrupted at any time during the course of the pandemic. These take the form, firstly, of provision of tasty, nutritional meals prepared in the HCCC kitchen every Monday, Wednesday and Friday, and made available to low-income residents at prices which are highly subsidised and affordable. Secondly, food parcels are made up and distributed monthly, free of charge, to the needy in our community.

The demand for both forms of nutritional relief has grown substantially since the start of the pandemic and has continued to grow over the past quarter. The demand for meals, in particular, is already such that our kitchen is beginning to reach the limits of its capacity; innovative ways of stretching this capacity will have to be sought.

## **SUPPORT FOR VACCINE ROLLOUT IN THE HANGKLIP AREA**

Having early on seen the need in our community need for a central Covid vaccination facility, HCCC offered to collaborate with the Western Cape Government Health Department in order to bring this about. We are indebted to the Betty's Bay Ratepayers' Association for making the Crassula Hall available as a vaccination venue and to various HCCC members, including several doctors and nurses, who have provided the necessary volunteer support network to the Dept of Health staff to facilitate this process in an ongoing way. Despite the odd hiccup (due to inconsistent vaccine supply) approximately

400 doses of vaccine have so far been administered since 8<sup>th</sup> June.

We regard the full vaccination of our community as key to achieving a safe return to normal function, including reinstatement (and expansion) of the various services HCCC seeks to provide.

## **HAIL NEWS**

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### **Facilitating home-based care**

The HCCC is committed to facilitating home-based care (a major facet of HAIL) when requested to do so by or on behalf of residents in need of such care. This includes assisting financially in situations of dire need, where affordability is lacking. Guiding protocols – both clinical and financial – have been formulated for assessing the level of financial support which we could provide in specific situations.

In this high risk Covid climate we have encountered additional obstacles to the necessary updating and expansion of our data base of carers.

Chief among these is the paucity of suitably trained carers throughout the Hangklip area who are available to meet the current demand. We have investigated a partnership with Fynbos in Kleinmond to assist us in meeting this need. Availability there too is scarce and we understand that Kleinmond-based carers who lack independent transport are also reluctant to commute to any of our Hangklip villages. We therefore continue to appeal for readers of this newsletter to notify Joy Rourke (060 983 8446) of any known carers in our area who would be willing to be included in our database.

## **MEMBERSHIP**

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Covid has unfortunately had a negative impact on our membership. Between April 2020 and March 2021 we lost 30 members through resignations, relocations, some deaths and non-payment of membership fees. The good news, however, is that since March our membership is recovering steadily as new members join.

The strength and effectiveness of a community-service organisation like ours depends largely on the strength of its membership and the positive influence members are able to exert on the policies and direction of the organisation. We therefore continue to encourage readers of this newsletter who reside in the Hangklip area, to either apply for membership (if not already a member), or alternatively, actively promote membership amongst friends and neighbours.

## **RESCHEDULING OF AGM FOR 2021**

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HCCC's 2021 AGM was originally due to be held on Monday, 21<sup>st</sup> June 2021 at our Lakeside Chapel premises. However, owing to a lack of a quorum, the meeting had to be delayed by a week to 28<sup>th</sup> June as stipulated in HCCC's constitution. However, the

Level 4 lock-down announced on 27 June prevented gatherings of any kind and necessitated the postponement of the AGM until further notice. We are currently in the process of rescheduling the AGM for a suitable date in August and will soon be able to notify members of the new arrangements.

An important part of the AGM agenda is the election of office-bearers. We encourage HCCC members to use this opportunity to strengthen and re-invigorate the management committee by electing persons with enthusiasm, drive and a passion for community service. The management committee is currently under-resourced; two recently-departed office-bearers have yet to be replaced to achieve the minimum complement (seven) required by the constitution. Furthermore, since we anticipate a period of substantial expansion of services, it would be desirable to enlarge the management committee beyond this stipulated minimum.

## **ACKNOWLEDGEMENT**

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We continue to acknowledge with gratitude the generosity of members of the Hangklip community who make unsolicited cash donations to HCCC, often anonymously. This support, besides being of great value for the sustainability of HCCC's services, is a clear reflection of the warm-hearted and caring nature of the community in which we live.

Please feel free to bring this newsletter to the attention of fellow Hangklip residents (especially non-members) who may wish to be informed of the purpose and programmes of HCCC. 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](mailto:adrian25@telkomsa.net)) to allow us to issue an appropriate receipt for tax purposes.

**Account Name:** Hangklip Community Care Centre  
**Bank:** FNB **Account No:** 62460003818

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