

Hangklip Community Care Centre

Reg No. 102-000-NPO

Quarterly Newsletter – No. 9, October 2019



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 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. **We 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.

Celebrating our volunteers

The HCCC is the channel through which caring members of our community can reach out to fellow members to ensure one another's well-being and the well-being of Hangklip community as a whole. The HCCC is driven entirely by volunteers, from those who serve on the management committee, to those who assist in the provision of every individual service, whether it be the cooking and serving of meals, the making up and distribution of food parcels, the running of the clinic, the facilitation of home-based independent living, the leadership of friendship circles and recreational activities such as Pilates and Bridge, or the organisation of community cultural events. Even our two paid employees, who are mainly concerned with managing kitchen-related activities, are volunteers in the sense that they are forever going the extra mile, far beyond their formal duties.

Once a year we celebrate all volunteers at a volunteers' breakfast (this year on October 1st), usually at Bistro 365 in Pringle Bay, itself a loyal and supportive corporate member of HCCC. As our community grows and its needs for community care increase, more and more volunteers with varying

Volunteers
about
to enjoy
breakfast



skills and interests will be required. So, please approach us if there is any service, however small, you would like to volunteer. We would love to include

your details in a database and call on you when needed.

HAIL news

Health workers educational forum

We now have a listing of approximately 20 local nurses and other carers who participate in a monthly educational forum which was initiated early this year. The purpose is firstly to inform and keep abreast of new developments and approved standards in the field of caring. Secondly, it is to provide a forum for exchange of information, interaction and support among health workers. In so doing, HCCC wishes to encourage teamwork and co-operation, and get feedback regarding community needs beyond the scope of our carers.

While forum topics are mainly directed towards issues of palliative care, from time to time a subject of broader interest will be offered, as happened in October with an excellent lecture by Dr Gary Hudson (new physician in the area) on "The Science of Supplementation". The popularity of this lecture (over 40 attended) encourages us to consider regular presentations along similar lines open to the broader community – possibly at quarterly intervals.

Already planned for Wednesday, November 27th at 2.30 pm, is a workshop on "**Coping with Loss and Grief**", to be conducted by Fran Tong, director of the Overstrand Hospice, a recognised expert and leader in this field. Apart from health workers, it will be relevant to other community members (especially church leaders) engaged in **providing care and support** for those who grieve with bereavement or similar loss, eg dementia. It will, however, **not benefit** those who are themselves actively grieving. Anyone interested in attending should, for catering purposes, inform Joy Rourke by e-mail (joyrourke@gmail.com) or WhatsApp (060 983 8446).

Addressing isolation and loneliness

HCCC now offers three avenues for recreation and social interaction, in addition to many others which already exist in our community.

The very popular Pilates classes in Crassula Hall on Monday and Thursday mornings operate to full capacity, with a growing waiting list.

Our bridge club meets on the first and third Tuesday afternoons of each month. It is open to all, with both beginners and experienced players welcome. There is no charge, only a donation box for deposits to cover costs of tea and refreshments. Notification of attendance is important however, to establish numbers for setting up tables of 4. Notification is conducted via WhatsApp link, usually on the preceding Monday morning. Any wishing to participate should contact Joy Rourke (060 983 8446) or Willemien Law (072 368 8780). In the coming year, we would especially like to encourage new participants, including beginners, whom we are willing to teach.

A friendship circle was started in September, initially for a select group who meet for afternoon tea, discussion and other activities. We plan to develop and expand this initiative, with initial participants and others providing necessary input.

Assessing needs and developing a volunteer support network

Much work needs to be done in this area, recognising that an effective body of volunteer support cannot be recruited until we have identified more accurately what the community's needs are and where they exist.

In the past few weeks we have met with a number of representatives in our community to explore a workable model for identifying and meeting needs. The consensus has been that a neighbourhood-based buddy system is likely to work best. For this, Betty's Bay could reasonably be divided into seven neighbourhood regions (in line with the wards identified by Neighbourhood Watch). Approaches used to delineate neighbourhoods may differ in Pringle Bay and Rooi Els, depending on local circumstances. Within each neighbourhood, we would like to begin with a door to door formal survey of needs, envisaging that this survey might also help identify skills and resources to help meet the needs in that locality, and possibly beyond.

A formal, well structured survey would have the advantage of establishing not only a reliable baseline reference for individual needs detailing the extent of care required, but also of collectively exposing common needs which might be more effectively addressed at a community level. The feasibility of such a survey is currently being investigated; we hope to report further on this in the near future.

Chronic medicine dispensing clinic

This outlying government clinic, facilitated by HCCC, operates on an 8-weekly cycle under the direction of the Overstrand district health service and Kleinmond clinic. It serves as a convenience to Hangklip residents, who would otherwise have to travel to Kleinmond to renew prescriptions and medicine supplies. Attendance numbers are steadily growing, with approximately 150 patients currently listed. The support HCCC provides includes a well-equipped,

congenial venue, refreshments, the opportunity for waiting patients to interact socially and most importantly, a team of voluntary nursing staff who take observations to allow the doctor in attendance to adjust prescriptions as indicated. Blood tests are also taken in rotation at each clinic by the visiting staff.

Since it is understood that not all patients can be present at every clinic, collection of medicine by proxy is allowed. If this happens on more than two consecutive occasions, however, the patient risks having to present in person at the clinic in Kleinmond.

Financial news

Some information extracted from our mid-year financial report makes for interesting reading. Halfway through this financial year, the kitchen had already served more than 3 100 meals, 46% more than at the same time last year. Despite steeply rising costs of ingredients, this numerical increase has helped to reduce the overall cost of preparation (ingredients plus overheads) by almost 20%, from R39.12 to R31.50 per meal. At the start of this year, we had raised the members' price for non-subsidised meals from R35 to R40, not anticipating an ultimate profit of R8.50 on every such meal. This profit margin, however, makes a welcome contribution towards subsidising meals for needy households in our community. More than 50% of the meals prepared are being provided to HCCC members in struggling households at only R10/meal.

Despite this level of cross-subsidisation, total income from the sale of meals still falls far short of costs, necessitating a substantial amount of funding from other sources – not only to cover the shortfall, but also to finance other community services. The main such source is a grant from the Provincial Department of Social Development. More modest sources comprise membership fees, as well as donations from local churches, businesses and individual community members. Together, these have enabled us to show a small but healthy annual surplus over the past several years.

HCCC group art exhibition

HCCC will shortly be hosting our first group art exhibition at Bistro 365, Pringle Bay, starting on 30 November, and running through to April 2020. In showcasing artists from the Hangklip area, we envisage that this exhibition will promote an awareness and appreciation of the significant artistic talent which flourishes in our community. Participating artists include Sue Maas, Brindley Pritchard, Milly Jones, Ann Green, Pat Perloff, Mark van der Merwe and Catherine Jaussaud. Please take time to visit our exhibition and support these artists. With the exhibition, we also hope to raise much-needed funds to further the work of HCCC. (Enquiries: René Kaljee, 079 840 0868).

Membership

As reported in our previous newsletter, there has been a rapid growth in HCCC membership over the past three years – a trend we would like to see continue. The majority of joining members do not

necessarily seek an immediate personal benefit, but in joining endorse our vision and mission, having chosen to participate in the growth of a caring community as a worthwhile investment in their future. In keeping with the vision outlined in HAIL, we all recognise that our future quality of life and even the longevity of our residence in this region will depend on the development of a strong organisation enjoying full community support.

Membership is open to all residents of the Hangklip region (Betty's Bay, Pringle Bay and Rooi Els). The annual fee of R60 is deliberately made affordable, and can be reduced in extenuating circumstances. Application forms and further details are freely available on request (Enquiries: Patricia Ackerberg, 082 378 1641).

Please assist in ensuring that this newsletter is brought to the attention of as many Hangklip residents as possible, both to inform them of the services that HCCC facilitates and to encourage more to apply for membership. 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:** FNB

Account No: 62460003818

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