

# HANGKLIP COMMUNITY CARE CENTRE

Reg No. 102-000-NPO



## **Quarterly Newsletter – No. 2, January 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 has undertaken to:

- *Mobilise financial support for service provision from government, business and individual donors*
- *Prepare and provide nutritious and enjoyable meals in accordance with a pricing structure which makes them affordable for every community member*
- *Provide free food parcels to the needy*
- *Promote and coordinate a home-care service for the elderly and infirm*
- *Facilitate the provision of basic health (clinic) services*
- *Promote opportunities for group activities and social interaction.*

Whilst HCCC is a fully independent, registered NPO, it has the privilege of 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, upon payment of an annual membership fee, currently R60, but reduced to R30 for individuals whose monthly household income does not exceed R2 000. We currently have 118 members, but would like to grow this number substantially, especially since many beneficiaries of HCCC services are not yet members. If you can identify with the HCCC's vision as set out above, please consider joining. Your membership fee not only entitles you to enjoy meals at subsidised rates, but more importantly, contributes to the provision of affordable services to all members of our community (*Membership enquiries: Patricia Ackerberg – 082 378 1641*).

### **Meals**

Currently, our main (and ever-growing) service is the provision of subsidised meals on Mondays, Wednesdays and Fridays. Tasty, nutritious meals can be either enjoyed sitting down in HCCC's dining room, collected, or even delivered to those unable to collect. Depending on household income, the price per meal ranges from R10 to R35 for a member, while a non-member is required to pay R45. By the end of December (9 months into the 2017/18 financial year), 3 137 meals had already been provided (64.2% of these at a cost of R15 or less per meal). This almost equals the total number (3 167) of meals provided in the whole of 2016/17 and represents a 37% increase in the demand for meals over the same 9-month period in 2016/17. The fact that the increase was much higher (almost seven-fold) in the highly subsidised than the least subsidised price categories is a strong reflection of the growing need within our community.

Wednesday sit-down lunches have become a popular social occasion, when a group of up to 30 people get together for about an hour to enjoy one another's company and a two-course meal. There is scope for the development of similar "lunch clubs" on Mondays and Fridays, days on which the current 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. On average 94 patients attend each clinic day, although the number listed as users of clinic services is substantially higher. Tea, coffee and refreshments are made available to waiting patients; this encourages social interaction and makes clinic visits all the more enjoyable. Over and above this, a wide range of nursing aids are available at the clinic for loan on a temporary basis.

## **Food parcels for the needy**

The food parcel service is intended for households who struggle to meet their nutritional needs. Several new applications for food parcels have recently been considered and approved, bringing the number distributed monthly to 30. Current beneficiaries are predominantly 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 aged residents in our area who, despite diminished capacity to care for themselves, continue to live in their own homes either by preference or because of non-affordability of alternatives. The success of the envisaged home-care service would depend on the availability and adequate supervision of a pool of properly trained carers – accredited professionals as well as supporting volunteers. Consequently it was necessary for HCCC to take stock of available resources and training opportunities. Very satisfying is the fact that there are already highly competent professional home-care service providers in our area who have displayed a willingness to work with HCCC. Moreover, the Overstrand Hospice in Hermanus has in principle agreed to collaborate closely with HCCC with regard to meeting training and supervision needs. Progress made with the home-care initiative was reviewed during a special forum meeting on 17<sup>th</sup> October, at which representatives of the Hangklip community, Overstrand Hospice and professional service providers were all present. An important outcome of the meeting was the formation of a steering committee to guide the further development of the project.

In the future HCCC is likely to play coordinating and facilitating roles, providing referrals to accredited professional home-care services in situations where professional fees are affordable, and arranging for subsidised services where such fees are less affordable. The latter course of action presents several challenges: models to assess affordability and associated pricing structures will have to be developed; and, home-based care needs within the community will have to be assessed to allow for sound budgeting and setting of specific fundraising targets.

We would welcome help from any community member who would like to assist in meeting any of these challenges, from needs assessment through to fundraising. *To offer your help, please contact Joy Rourke who leads this initiative (028 272 9914; joyrourke@gmail.com) or, alternatively, Adrian de Kock (082 940 4619; adrian25@telkomsa.net) or George Green (083 283 4454; gggreen@sonicmail.co.za).*

## **Culture and recreation**

HCCC gladly supports cultural and recreational activities which contribute to the wellbeing of the Hangklip community. The best current example of a successful activity is the Pilates exercise class (currently fully subscribed), which is conducted twice-weekly by volunteer instructors for a class of up to 22 people who, in the process, have become close friends. Ideas for other group activities (with suggestions for volunteer leaders), especially those which could generate a similar degree of camaraderie, would be most welcome.

## **Income**

Our income (approx R297 700 in 2016/17) is sourced from membership fees, donations from churches, local businesses and individuals, fundraising activities, sale of meals and from government grants. The largest single contribution derives from our participation in the Department of Social Development's Older Persons Programme. DSD funding is granted over three-year cycles; we are currently awaiting the result of our application for the renewal of funding after the current cycle comes to end in March, 2018.

## **Human resources**

Were it not for the pool of willing volunteers HCCC, with its two employees only (our Manager, Patricia Ackerberg and her assistant, Edith Smith) and its limited income, would not have the capacity to provide the level of services to the Hangklip community that have been described. Including the members of HCCC's management committee, who also serve voluntarily, we currently have 37 volunteers who are involved in our whole range of services, although most (22) are volunteer cooks. Steady growth in the number of volunteers is most gratifying: not only does this enable HCCC to expand the scope of services it can provide, but it also serves to indicate the increasing extent to which the community is taking ownership of the centre. *If interested in joining our pool of volunteers, please contact Patricia Ackerberg (082 378 1641 or hangklipccc@sonicmail.co.za).*

## **Finally ...**

Please assist in ensuring that this newsletter is brought to the attention of as many Hangklip residents as possible. We believe that it is in the best interests of everyone to at least be aware of the Hangklip Community Care Centre and how it strives to serve our community.