

Hangklip Community Care Centre

Reg No. 102-000-NPO

Quarterly Newsletter – No. 10, January 2020



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.

Ending 2019 and looking ahead to 2020

Many of HCCC's services and activities went into recess briefly over the end-of-year holiday period.

The kitchen ended the year 2019 with a flourish, by presenting the customary, most enjoyable, gala lunch for HCCC members on Wednesday, 12th December. Unfortunately, restricted dining facilities allowed for the accommodation of only the first 75 members to reserve seats. From that date, until re-opening on 13th January, the kitchen staff and volunteers enjoyed a well-deserved rest, especially since having to cope with an unprecedented 44% growth in demand for meals during the preceding 9 months.

The monthly educational forum for health workers in support of HAIL also went into recess during December. Likewise, recreational activities, namely Pilates classes (which meet twice weekly on Monday and Thursday mornings), the Bridge club (which meets twice monthly on the afternoon of the 1st and 3rd Tuesdays), and the Friendship circle (next meeting on 13th February) enjoyed a short break and have resumed normal functioning. Not impacted by the break were food parcel distribution, which takes place monthly in mid-month and the eight-weekly clinic (next clinic due on 6th February 2020).



Challenges in 2020

We foresee *several* challenges lying ahead in 2020. One, which is probably also indicative of the increase in broader community care needs in the Hangklip area, relates to the afore-mentioned unprecedented growth in the demand for the affordable, tasty and nutritious meals produced in the HCCC kitchen. Most of these meals are currently being purchased at highly subsidised prices by struggling, low-income members of HCCC, while a smaller proportion (32%) are made available at cost price to other HCCC members. The challenge lies therein that our current kitchen arrangements, facilities and personnel place a ceiling on the number of meals which can be produced, and we are rapidly approaching that ceiling. Our kitchen at present operates on Mondays, Wednesdays and Fridays. Options for expansion that may be considered include either increasing the number of meal preparation days from 3 to 5 per week, or development of satellite kitchen facilities in a different location within our region, say Pringle Bay. Both options have personnel and financial implications, and would have to be carefully investigated to ensure effectiveness in meeting community needs.

The importance of having comprehensive information on community needs is paramount, not only from the perspective of providing adequate nutrition, but even more so within the broader context of HAIL and the planning required to ensure effective mobilisation of community resources to address HAIL-related objectives. The challenge associated with surveying and meeting these community needs will be further considered in the next section (HAIL news).

A most desirable objective for 2020 would be renewal and expansion of the HCCC management committee. This committee decides on policy and plans and oversees the execution of HCCC services and activities. Committee members are volunteers; each member assumes responsibility for one or more portfolios. With the recent rapid growth of the organisation, both in terms of membership and scope of services offered or envisaged, it is

becoming increasingly necessary to spread roles and share responsibilities among a greater number of members than those currently occupying positions on the committee. Furthermore, an injection of appropriate expertise and fresh ideas would be most welcome and would benefit the organisation by making it more dynamic and effective in pursuing its vision. Persons with a passion for serving our Hangklip community are therefore urged to come forward, acquaint themselves with committee activities and then avail themselves for election on to the committee at the first opportunity, which would be at the AGM due to be held in June.

HAIL news

Towards meeting needs

HCCC and other caring groups (eg churches) have long recognised the existence of **unmet needs** – across a broad socio-economic spectrum, but especially pertinent to the ageing population in our area with its poor infrastructure and difficult access to essential services.

Health and other community services here (and elsewhere) are inadequately orientated to the needs of the elderly and disabled, and we see that our present health and social system lacks both the will and affordability to address these needs. It will be up to us as a community to rally the necessary support to overcome the deficiencies. Our quality of life and longevity of stay in this beautiful area depends on what **we** – individually and collectively – can do. We cannot afford to be complacent; too much is at stake!

Survey of needs

Investigating the development of a volunteer support force to address various needs has led us to conclude that a **buddy system**, tackled on a neighbourhood location basis, is likely to be the best approach. But prior to establishing any platform of support, we must first determine and detail these needs.

Towards this, HCCC has entered into discussions with SIFAR (Samson Institute For Ageing Research) – a funded NPO which aims to generate evidence and awareness of the health, well-being and social needs of older persons, and develop tools to support the provision of age-friendly health and social services.

SIFAR employs a well-researched, comprehensive questionnaire developed by Inter-RAI (International Resident Assessment Instrument), used in over 35 countries. Inter-RAI strives to promote evidence-informed clinical practice and policy decision-making, through the collection and interpretation of high-quality data about the characteristics (health and level of function) of individuals – in order to fully understand their needs, ranging from clinical and social support needs, to the need for care plans prepared by health care professionals. Collated, de-individualised data then also becomes a tool to highlight common problems which can be used to motivate for needed services from health care authorities or other authorities concerned with aspects of community care.

We are hoping to conduct a door-to-door survey in all three villages towards the middle of this year. Participation would be voluntary, but there will be clear benefits to both the individual and community from the feed-back of this data. Ahead of this, in coming weeks, HCCC will undertake to inform our community about this initiative in much more detail. (The response from discussions so far has been very positive.)

Please contact Joy Rourke on 060 983 8446, or joyrourke@gmail.com, for more information.

Health care workers educational forum

2019 concluded with a workshop on “Coping with Loss and Grief” conducted on Nov 27th by Fran Tong, director of Overstrand Hospice and a recognized leader in this field.

The forum's focus for January and February will be on various aspects of the afore-mentioned needs survey, which will be very relevant to the work of our carers.

Art exhibition

The currently running art exhibition arranged by HCCC in collaboration with Bistro 365, Pringle Bay, is proving to be to a successful community venture. Works of artists from the Hangklip area are being showcased, revealing 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. The exhibition was opened by Werner Zybrands at a function on 30 November 2019. He introduced each artist to the 77 invited guests, consisting mostly of artists' families and friends and supporters of HCCC. Wine tasting sponsored by Boschendal and a range of delicious snacks added to the congenial atmosphere. Artistic works have sold well, benefiting the artists as well as making a welcome contribution to HCCC funds. Special thanks are due to HCCC's organising committee led by René Kaljee, to 365's Reneé Barnard for ongoing support and to Boschendal for providing the superb wines.



At the Art Exhibition opening function

Membership

Membership of HCCC continues on an upward trend. It is gratifying to see the Hangklip community taking ownership of the centre in this way. The majority of joining members choose to participate in the growth of a caring community as a worthwhile investment in their own futures, rather than seek any immediate benefit for themselves.

Membership is open to all residents of the Hangklip region (Betty's Bay, Pringle Bay and Rooi Els). To promote inclusivity, the annual membership fee is a modest R60, but even this can be reduced depending on household 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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