

# Hangklip Community Care Centre

Reg No. 102-000-NPO

Quarterly Newsletter – No. 13, October 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.

## Looking back

This is our fourth and final newsletter of the year 2020, the next one falling due on 31 January 2021. Looking back at previous newsletters issued during 2020 reveals a year full of contrasts.

In the January newsletter we ambitiously anticipated overcoming challenges and expanding services to the Hangklip community in line with our vision and mission set out in the box above. By the time the next newsletter appeared (end of April), the Covid-19 hard lockdown restrictions (Level 5) had already been in force for almost 5 weeks and were about to be eased slightly. During this lockdown period we were forced to excuse all our volunteers from duty and suspend all our services barring the most essential ones. Our kitchen could continue providing meals, but only to those eligible for meals at highly subsidised rates. The food parcel service, now coordinated with municipal food relief initiatives, was able to continue unabated.

In the ensuing three months prior to issuing the July 31 newsletter, relatively little changed. Despite some easing of lockdown regulations, the ongoing need for social distancing and stringent restrictions on the size of gatherings still prevented all group activities. Volunteers could not yet be recalled to duty and kitchen capacity therefore remained limited. All social and recreational services, as well as clinic services (apart from the dispensing of chronic medication) remained suspended. Physical meetings of the management committee could also not be held, and business had to be conducted remotely.

The HCCC constitution dictated that our AGM should have been held before the end of June, which was physically not possible. An on-line AGM was also out of the question as it would have excluded a large proportion of our members not equipped to participate in this way. The unprecedented step had to be taken of adopting a resolution to deem the AGM held, and the existing committee members duly elected to serve for a further year – a great pity, since we had hoped to elect additional committee members and thereby better equip the management committee to meet the growing challenges of maintaining a care centre able

to satisfy the diverse needs of the Hangklip community.

## Resumption of activities

Thankfully, in the three months since issuing the July newsletter, further easing of restrictions has allowed the partial resumption of suspended activities.

Physical meetings of our management committee recommenced at the end of August. Some suspended services have also resumed, while others will only commence in the new year.

In early October it was possible to recall our kitchen volunteers and not only resume the sale of non-subsidised meals, but also re-institute Wednesday social sit-down lunches. The opportunity to again socialise over a meal has been met with great enthusiasm. (To enquire about or book for Wednesday lunch, please contact Patricia Ackerberg, 082 378 1641).

The participants in Pilates classes have been equally enthusiastic about being able to meet again, also from the beginning of October – even though, to maintain social distancing, the group has had to split in two, each group exercising once a week only, either on a Monday or a Thursday.

Monthly cultural talks (in partnership with the Betty's Bay Ratepayers' Association) are due to resume on the 11<sup>th</sup> November, with a talk by Gert Claassen on the lost city in the jungles of the Amazon.

Only due for resumption early next year are Bridge Club and Friendship Circle gatherings. As regards the clinic, the nursing and catering services which supplement the dispensing of chronic medication are also unlikely to be re-instituted before March next year.

## HAIL news

Covid-19 lockdown restrictions have severely disrupted our immediate plans for the ongoing development of HAIL with its many facets, all related to the maintenance of independent living, especially as people age and infirmity sets in.

Focusing specifically on home-based health care, the educational forum for our community's health-care workers has been in recess since February 2020 and at this stage seems unlikely to resume before February 2021. This has not only interrupted the programme of regular talks on topics of educational interest and practical value, but the associated process of fostering communication and teamwork among health workers has all but lost momentum. Even more serious, the diminished interaction between HCCC and our care workers has largely cut off one of the important channels through which we could monitor and maintain awareness of the dynamic, health-related home care needs of our community. Reviving the educational forum at first opportunity is therefore highly desirable.

We are committed to working with local health-care workers to ensure that carers' services be extended to community members whose urgent needs remain largely unmet for whatever reason, but especially because of issues of affordability. It is important to note that HCCC is prepared to subsidise these services where, based on independent assessment, this proves to be necessary. For us to do this, individual needs must be brought to the attention of HCCC, either by members of the home-based carer community, or through educational forum members, or by members of the Hangklip community at large. In this connection, please notify Patricia Ackerberg (082 378 1641) or alternatively George Green (083 283 4454) of any immediate needs.

One of the HAIL initiatives which was being actively investigated prior to the onset of COVID lockdown restrictions was the broad HAIL-related community/household needs survey based on the internationally used inter-RAI questionnaire. Since this survey requires personal door-to-door visits by trained assessors, it would not be implementable for as long as the threat of Covid-19 infection remains with us. Therefore, sustained feedback from within the community regarding any individual or household needs which diminish capacity for independent living becomes all the more important if the HAIL vision is to be realised. Knowledge of community needs is fundamental to the next step of developing an effective volunteer system aligned to meeting such needs.

**Co-option on to management committee.**

As mentioned previously, it had been our hope that the 2020 AGM would present the opportunity for expansion and re-invigoration of the management committee in the interests of more comprehensive and better service to our Hangklip community. Persons with a passion for community service are nevertheless still urged to come forward, acquaint themselves with committee activities and then avail themselves for co-option on to the committee. For more information, contact George Green (083 283 4454).

**Acknowledgement**

As was mentioned in our previous newsletter, the generosity of Hangklip community organisations, of their members and of individual residents continues to be revealed during these challenging times. We

have regularly received unsolicited donations of cash and of food items, several from anonymous sources. We remain grateful for this support, which is crucial for the sustainability of services HCCC is committed to providing for our community.



*Wednesday social lunches resume in HCCC dining room*

Please assist in bringing this newsletter 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](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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