

Hangklip Community Care Centre

Reg No. 102-000-NPO



Quarterly Newsletter – No. 21, OCTOBER 2022

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*
- *Loan of medical/nursing equipment to meet short-term needs*
- *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.

In this edition of our newsletter we focus mainly on new developments and touch only briefly on ongoing services and activities which have previously been reported on in greater detail.

HAIL NEWS

COURSE IN HOME-BASED CARE FOR FAMILIES

During the past three months our focus centred largely on an inaugural caring course we introduced primarily for family members seeking to look after their own. The course was presented in six sessions from September 6 to 22. It was expertly delivered (with the support of Joy Rourke and others) by Elizabeth Scrimgeour, a highly regarded palliative care nurse whom we are fortunate to have residing in Betty's Bay. The course content, including theory (with printed handouts) and workshops, embraced *inter alia* aspects of ageing and disability, palliative care, management of pain and cancer, practical care procedures, dementia, communication, grief and loss and holistic advanced care planning. This first-of-a-kind course was enthusiastically received by all 43 pioneer participants who have encouraged us to repeat the course early in March 2023. We have already established a waiting list for those interested in participating and invite you to register your interest by sending Joy Rourke an email message (joyrourke@gmail.com).

Regrettably, constraints of time during the inaugural course disallowed practical demonstrations of relevant care procedures. We have, however, undertaken to arrange a follow-up session of practical demonstrations at no additional cost to participants, to be held either in late January

or early February, 2023. Details of this will be duly circulated.

In response to various requests, we are also exploring the possibility of providing an additional training course in first aid relevant to home care, ideally also during the first quarter of next year. Notification of this will follow once decided.

Apart from education, a further objective of the home caring course was to foster a sense of camaraderie centred on caring – a possible prelude to developing a co-operative supportive network among carers in our community, which is in line with our HAIL vision. We were pleased that this was achieved, many participants having expressed a desire to maintain the links and to form local caring groups, bringing to the groups various skills they are able to offer. Such groups are definitely to be nurtured. We plan to discuss the best way forward when we meet again at the time of the practical procedures demonstration session early next year.

RESOURCES UNDERPINNING INDEPENDENT LIVING

Resource list

We have compiled a comprehensive list of resources available to local residents to help them meet various needs relating to their general well-being and ability to continue living independently as part of our community. The list, which will be updated regularly, provides details on home-based carers, medical emergency and ambulance services, medical and nursing practitioners



and a wide range of organisations which deliver relevant services. The list is available on request from George Green (email: ggreen@sonicmail.co.za).

Social services

Notably, the shortage of social services is apparent in the current resource list. The dearth of social workers is experienced not only in the Hangklip area, but also in the Kleinmond area. For this reason, we are looking to collaborate closely with the Fynbos Service Centre in Kleinmond to remedy this deficiency and meet the needs of both neighbouring communities.

Hospice as a resource

The Overstrand Hospice is a valuable resource, assisting with the provision, without cost, of home-based palliative care to people with serious life-threatening or life-limiting illness. HCCC is exploring opportunities to support Hospice in their work, especially within and for the direct benefit of our own Hangklip community. We look forward to collaborating and working with Hospice and will keep our members informed of developments in this regard.

Chronic medication clinic

The local chronic medication clinic is now conducted by the Dept of Health at its library precinct clinic on an 8-week cycle. The very confined space unfortunately disallows the continuation of the support observations and social interaction HCCC previously provided at our Lakeside clinic. Our committee will continue to explore other possibilities for maintaining contact and offering a meaningful service to the group of chronic medication patients that formerly used to visit our Lakeside venue. We miss seeing you and would welcome any suggestions you have.

Medical and nursing equipment on loan

HCCC has a wide range of medical and nursing equipment (hospital beds, wheelchairs, crutches, walking aids, etc.) available on loan to community members in need. There is no charge for this service, but donations from beneficiaries are welcome. For more information, contact Patricia Ackerberg (082 378 1641).

NUTRITION

The demand for the nutritional services which HCCC provides continues to rise steadily. During the first six months (April to September) of the current financial year, our kitchen provided 3 705 wholesome cooked meals, compared to 3 203 over the same period last year – an increase of 16%. While non-members of HCCC can purchase meals at R50/meal, meals are sold to HCCC members either at the approximate cost price of R40/meal or at subsidised prices (ranging between R10 and R25/meal) to those who cannot afford the full

price. Affordability is clearly becoming more of an issue for many in our community. Of the above-mentioned 3 705 meals, only 626 (17%) were not subsidised, whereas 3 years ago (in 2019), the comparative proportion of full price meals sold was double that (34%).

Current HCCC members can assist in making it more widely known in our Hangklip community that the subsidised meal service is available to all local residents who qualify, provided they apply for HCCC membership and disclose details of their household income. Such applications are treated in the strictest confidence. Annual membership fees amount to R60 per person (R30 if affordability is an issue); membership application forms are generally distributed electronically with our newsletters and are also available as hard copies from our Lakeside kitchen.

Unlike our meals service, beneficiaries of our food parcel service are not required to be HCCC members. Applicants must, however, complete a form (available from Patricia Ackerberg - 082 378 1641) which requires them to confidentially disclose details of household make-up and income. Currently between 45 and 50 food parcels per month are distributed free of charge to households in Betty's Bay, Mooiuitsig and Pringle Bay who struggle to meet their basic nutritional needs. During the first six months of the current financial year we spent almost R49 000 on food parcel constituents, compared to R39 000 over the same period last year.

SOCIAL AND RECREATIONAL ACTIVITIES

As mentioned before, we remain eager to expand the scope of social and recreational activities that promote the well-being of members of the Hangklip community. If you have any ideas in this regard and especially if you are available to lead such an activity, please contact George Green (083 283 4454). Activities currently provided and/or supported are weekly social lunches, a monthly friendship circle meeting, twice-weekly Pilates classes and a Bridge club which meets twice monthly.

COMMITTEE NEWS

We are pleased to report that during the past quarter, two new members were appointed to our management committee, bringing the total number to 8, which is one member more than the minimum stipulated in our constitution. We are confident that these new members will contribute new ideas and energy to HCCC's endeavours to broaden and improve services to the Hangklip community.

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) to allow us to issue an appropriate receipt for tax purposes

Account Name: Hangklip Community Care Centre

Bank: FNB Account No: 62460003818

Facebook@hccc.bb