



# St Helena Sandveld Hospice

Your hospice on the West Coast

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*Palliative Care is:  
The active, total  
care of patients and  
their families by a  
multi-professional  
team when the  
patient's disease is  
no longer  
responsive to  
curative treatment.  
(World Health  
Organization, 1990)*

## CARING FOR THE COMMUNITY

- This last financial year (August 2008 to July 2009) saw us caring for 161 new patients
- The percentage breakdown of our patients by diagnosis is:
  - ⇒ HIV/AIDS 42%
  - ⇒ Cancer and other terminal diseases 24%
  - ⇒ Chronically ill 34%

## HAVE FUN AS A VOLUNTEER

Willa Verster and Marion Oldfield, two of our volunteers, write: Being a Hospice shop volunteer is a rewarding and interesting job, knowing that one is playing a role in helping to fund the wonderful work that Hospice is doing. The shop offers us the opportunity to meet other helpers, the nursing and office staff and the customers.

It is enriching to work with the various population groups which has given us insight and a better understanding of our different cultures. Despite the poverty many people live in, they have managed to

retain a level of pride, and deserve to be treated with respect. The range of shoppers is diverse, and we find controlling shrinkage a challenge.

Some weird articles are sometimes donated. We hazard a guess as to what it can be, only to have someone come in and say "Ah, just what I've been looking for!" Another need was met, resulting in a happy customer.

We have a well stocked book shop and it would be good to see it advertised and promoted more! The books are very reasonably priced. An

advantage of working in the shop is that we sometimes get to purchase designer label clothes, albeit someone else's off casts!

It has been fascinating to watch Hospice grow over the past five years. Progress shows in facilities, the volume of service to the community, fundraising and administration. It would be great if we could involve more volunteers; after all, giving is more blessed than receiving. It remains rewarding to show we care and are willing to give of our time to assist a worthy cause.

## YEAR END FUNCTION

Volunteers were treated to a function on 11 November 2009. Tea and eats were served, and volunteers had to dress in the sixties vogue.

Prizes were awarded for the best dressed person! Volunteers

make up a work force we are extremely dependant on. We do appreciate them!!

Thanks to all who have donated their time and effort during this year.

*Volunteers Christine and Paula "grooving" at the year end function*



## STAFF

Since our last newsletter, we welcomed to our team two new staff members; Dalena Maartens, who has joined us as our Social Worker and Christie du Toit as our Fundraiser. Our staff complement is now 15.

We said goodbye to Karin Hubbard and Leonore Haley. We congratulate Karin and husband Chris, on the birth of their daughter.

Leonore, although no longer a valued staff member will remain on the Hospice Board.

Various conference and training sessions have been attended recently: Dalena and Sr Jill attended the International Children's Palliative Care Network Congress held in Cape Town. Felicity and Sr's Sarah and Cindy attended the annual HPCA conference in Johannesburg. Training, provided by the Department of Health in conjunction with HPCA on Introduction to Palliative Care was attended by Dalena and Sr's Norma, Welmie and Cindy.

Maria (Home Based Carer) is attending NQF1 HBC training with the Department of Health and should complete this level by March 2010.

Paternoster staff support: The staff was treated to an outing on the beach at Paternoster. The opportunity was created to take time out for oneself, to reflect on one's own needs. This was followed with fresh scones and tea at the Paternoster Lodge.



Above: Christie du Toit—Fundraiser  
Below: Dalena Maartens—Social Worker



## 5 YEARS OF SERVICE

Wednesday, September 9th 2009 saw the awarding of certificates of appreciation to volunteers in recognition of their valuable contribution and dedication of **5 years service** to St Helena Sandveld

Hospice. Certificates and silver name badges were presented at the quarterly meeting. Volunteers acknowledged were: Dr Robin Dean, Malcolm McGregor, Dr Con Neethling,

Marthinus Victor, Sally Findlater, Susan Le Roux, Barbara Mace, Angela & Henk Ten Hoorn Boer, Willa Verster and Olga Victor.



## EVENTS

04 August 2009—Annual Remembrance Service was held for families of patients who passed away during the last year. The service was well attended and

supported. Sincere thanks to Saldanha Primary School for the use of their school hall, Benita Badenhorst and her beautiful voice, Mr Jan Visser for the lovely

proteas and Magriet and her team of volunteers.

A Spinathon, supported by Langebaan Private Gym in aid of St Helena



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Sandveld Hospice and P.L.A.Y. took place on the 10<sup>th</sup> August 2009 at the Weskus Mall. The event was a huge success and raised almost R 10,000.00. The organisers would like to thank all those who participated and supported this event to make it so successful.

On 05 October 2009 – An organ and choral recital was held at the NG Church in Velddrif– Dr Noel-Jean Malan Criel entertained the audience with wonderful organ music, and the Moment chamber choir conducted by Siegfried Pretsch treated them further.

The event took place as our contribution to WORLD HOSPICE AND PALLIATIVE CARE DAY (10 October 2009).

Dr Criel's program included Handel's Messiah, a piece that was played or sung across the world in celebration of the day.

If you would like to advertise in our newsletter, please contact Christie: 022 7133738

**VOICES FOR HOSPICE**

The Hospice Palliative Care Association have launched a nation-wide campaign where Lucas Radebe and Jacques

Kallis have been secured as the "voices" for Hospice. Both have been touched by hospice, have you?

Show that you care – sms "hospice" to 40772 (cost of sms R20)

**DID YOU KNOW?**

We have a new shop in Saldanha; 63 Saldanha Road—next door to "African Chicken" and across the road from "Friendly Grocer". Please tell your friends and visit our

hardworking volunteers to see what exciting goodies they may have. Donations are accepted at the shop.

In order to have the shop open for longer

hours we are looking for more volunteers from the area. Please contact Magriet if you are interested in becoming a volunteer.



**FUNDRAISING ACTIVITIES**

**Tins** – Tins have been placed in guest houses and some shops in the area; some with cables to ensure safety. If there is another possibility for us placing a tin, please give us the lead, so we can in-

crease our donor base.

Empty tins were donated by Divpak, a division of Nampak, Cape Town.

Hospice also succeeded in getting funding from the LOTTO for

the first time! This will assist us with operational costs and another vehicle.

Sincere thanks to each and everyone of you for supporting us this year.

**FOR YOUR RECORDS**

Our bank is: Standard Bank Vredenburg

Acc No 186295073, branch code 050-511 and our PBO number: 93009262.

## UPCOMING EVENTS

We are looking forward to a swinging 2010!

The year plan is under construction and will be published soon.

We are hosting amongst others: The mountain bike race, Bingo, and the popular Spinnathon!

### Mission and Vision

- To provide specialized palliative care, to all in need of such support, in the Sandveld region.
- To provide chronic care, within our designated scope of operation.

St Helena Sandveld Hospice is the only Hospice on the West Coast, in an area from Langebaan to Dwarskersbos that provides palliative care to those in the community who need it. The object of the Hospice service is to provide for the care of persons suffering from cancer, aids, motor neuron disease or other illnesses no longer responding to curative treatment. Control of pain or other symptoms, and of psychological, social and spiritual problems is paramount and the goal of the care given is the achievement of the best possible quality of life for patients and their families during the final phase of their disease. St Helena Sandveld Hospice also offers a much needed Day Hospice facility, loan of medical equipment and social services including bereavement support. Treatment and support is provided to all patients who require our assistance, irrespective of their ability to pay for that service.

The St Helena Sandveld Hospice is a section 21 company and is registered as both a Non Profit Organisation and a Public Benefit Organisation and we are affiliated to the Hospice Palliative Care Association of South Africa.

The Hospice is funded by donations and grants from the community, individuals, corporations, international funders and the Charity shops.

### ST HELENA SANDVELD HOSPICE IS SUPPORTED BY:



ANGLO  
AMERICAN



Canadian International  
Development Agency

Agence canadienne de  
développement international



**THANK YOU FOR SUPPORTING YOUR HOSPICE ON THE WEST COAST**