



ST HELENA SANDVELD HOSPICE

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NEWS LETTER NUMBER 1, 2009

Yes, we are facing difficult times, but the St Helena Sandveld Hospice is still providing a service to the community on the West Coast. Highlights of our activities since the last news letter were the annual general meeting, successful events, a strategic planning session and a steady increase in the number of patients looked after. The usual difficulties plague us, concern about funding and the problems of staffing.

Caring for the community

The patient numbers have been growing over the past year, but the type of illness we deal with continues to show an increasing bias toward HIV/AIDS. The latest breakdown is :

Patients with HIV/AIDS	40 %
Patients with Cancer	26 %
Patients chronically ill	34 %

We were sorry to lose the services of Sister Blaauw who has been with us for five months and left to take up a more lucrative appointment. There is a national shortage of nursing staff with many qualified people leaving for overseas posts and the number of nurses in training decreasing. Statistics show that the average age of nurses in employment is increasing and no one seems to know where the next generation is coming from. We were therefore very fortunate to be able to replace Sister Blaauw and welcome Sister Brand who joined us in April. Having been employed at the municipal clinic in Vredenburg, she knows the area and many of the patients and will be a big asset to the Hospice.

A new direction for Hospice

The following is taken from the HPCA web site, and we are also now introducing programmes for the care of children.

Hospices all over South Africa had to deal with the increasing number of children being not only patients but also affected by family members diagnosed with a life threatening disease. In order to compliment the process of palliative care, many hospices implemented creative programmes in order to deal with these increasing numbers and the dynamics which comes with rendering services to children, which include child protection issues and pain and symptom management in children.

These programmes include:

- Day Care centers where children before school going age are being accommodated. At the day care centers children receive nutritional, education, psycho Social and clinical interventions.
- Drop In Centers, where children at school going age could attend and receive interventions like a proper meal, assistance with school work, psycho social support and clinical interventions (Many of these children are heading households as well).
- IPU, A few of our hospices like Cotlands, Grahamstown, St Nicholas and Soweto hospice have got specialized IPU facilities for children.
- Support groups for children

Home Based care, where children and their families receive palliative care

interventions which include clinical, bereavement and Psycho Social support.

Latest events

The annual general meeting was held in Vredenburg at a time and place to attract more members of the public. Like most such meetings, it actually attracted little more than a quorum. The meeting was addressed by the Chairman and Treasurer who reported on the status of the Hospice. Finances for the year reflected a small surplus for which we are very grateful.



Special thanks to ArcelorMittal, who have donated a vehicle to add to our fleet; this will certainly allow our professional staff to reach more patients.

At the end of last year - it seems a long time ago - we had the opportunity to thank all our volunteer helpers at a small party and lunch. Their involvement includes assisting in the charity shop, the day care centre and in bereavement counselling. Thanks again to you all, service to our patients could not be maintained without your dedicated support.

Thanks to the local brass band and the Yacht Club a successful carols concert was held on the beach and much enjoyed by the participants.

The mountain bike race, held in January was well supported and raised the awareness for the Hospice as well as

bringing in much needed funds. Look out for this event again next year.



The West Coast Mall is here. We can all now have a "shopping experience" without the trip to Cape Town. Hospice was at the opening and manned a stall for the first week where shoppers were told about Hospice and encouraged to become volunteers or let us know about patients who need our attention. The collection tin was rattled and brought in over R 1 000!

Upcoming events

Opera at Windstone Back Packers – Friday 12 June – tickets cost R120.00 per person and include sherry on arrival, the show followed by soup and wine.

Christmas with Evita – Sunday 26 July – Tickets cost R250.00 per person and include a 3 course meal, wine and a show.

Spinathon at Weskus Mall – Monday 10 August – details on our website (designed and set up free of charge by Pieter Pretorius) www.sthelenahospice.co.za

For your records

Our PBO number: 93009262

Our bank is: Standard Bank Vredenburg
Acc No 186295073, branch code 050-511.