



# 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)*

## HOSPICE & PALLIATIVE CARE WEEK

### Palliative care awareness week 2-9 May 2010.

We had tables with bookmarks and tins at Pick and Pay and at the Weskus Mall on designated times during the week.

### The aims of Hospice Week

To share our vision of increasing the availability of hospice and palliative care throughout the world by strengthening the network with our strategic partners to enable us to share the provision of holistic care to patients and families.

To raise awareness and understanding of medical, social, practical, spiritual needs of people living with life threatening illness.

To raise funds to support and develop hospice and palliative care services around the world.

### The theme.

• "Sharing the care"  
This theme highlights the role of partnership to support care for people with life threatening illnesses. The activities on this week seek to recognize, share and celebrate the achievements of hospice and palliative care programs with their partners throughout the nation. Hospice week will also highlight how good working partnership between family members, carers, service providers, funders, government departments and other stake holders are vital to the provision of quality care.

## STAFF NUMBERS ON THE RISE

### CARING FOR THE COMMUNITY

- During the current FY we have cared for 103 new patients

- The percentage breakdown of our patients by race is:

⇒ Black 13%

⇒ Coloured 52%

⇒ White 25%

We wish to welcome the new additions to our staff complement: Sisters Denisia Saal and Miriam Cloete, and Mrs. Dederè Ludeke as Volunteer Services and Shop Manager; Abrie Smit has replaced Dina Burling as the home based carer in Langebaan. As our area served has been increased by the Department of Health, three Home Based Carers joined us from the beginning of May, namely Hendrika Julius, Elsie

Booys and Rosalia Carsten.

A warm hearty welcome to you all!!!

Sadly, Maria Skele and Magriet Coetzee have left

us. Magriet is now in Pietermaritzburg, and Maria is closer to her family in Ventersburg. Our paid staff complement is now 18 in Vredenburg, and 2 in Langebaan.



HBC's back from L to R:

Abrie Smit and Nondumiso Zakhe

Front: Maria Skele, Margie Cleophas and Nicolene Storm

## BUILDING CAPACITY AND THE TEAM

Dalena Maartens attended the Train the Trainer course. It is offered by HPCA to encourage potential trainers to feel confident in training in all aspects of Palliative Care. The other motivation is to enable regional education forums to have a group of competent trainers who will be able to assist with training in the region. Dalena found all of this and much more in the course, it is highly recommended.

Gestalt Colour Therapy – Dalena Maartens also attended this training during May. It is a short

term therapy, much needed in her field. It also provided her with some CPD points, which is now a legal requirement in her profession.

Margie Cleophas & Nondumiso Zakhe received training in TB DOTS. An IMCI Household and community component was offered from 23-29/03/10, at Vredenburg Hospital. Staff who received training were: Sr Welmie Petch, and HBC's Nicolene Storm, Margie Cleophas and Abrie Smit. Our learners did us proud completing the training all above 70% with Welmie

achieving an awesome 100%!

On the 8th June, the team had an outing to the West Coast Fossil Park.

Thanks to Malcolm McGregor for the informative tour. We were lucky to have a day without rain, where we could walk to the dig and back.

It was wonderful exposure to some of us who had never been there before and had the opportunity to explore the area we live in.

The tour was followed by welcoming coffee and eats.



Above: Dederé Ludeke in the "scratch patch" at the West Coast Fossil Park  
Below: Malcolm McGregor - leading the Fossil Park tour



## PATIENT NEWS

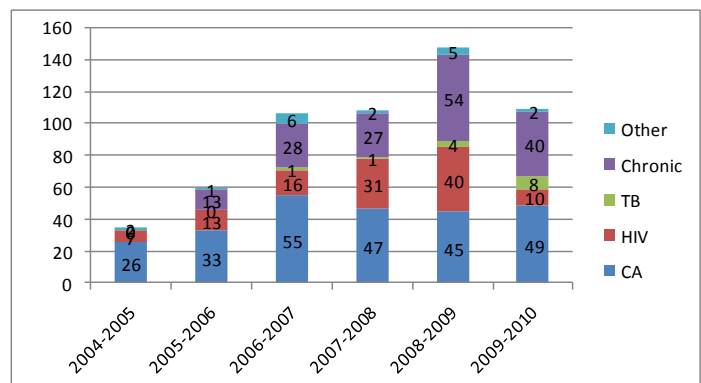
A family that was previously touched by with Hospice, decided to celebrate a birthday in a different way. The husband turned 70, and friends who attended the celebrations were asked to rather give a donation for Hospice, than give a present. The income of R750 was donated to Hospice, with the request that it be spent on a family in need.

One of our sisters found a recipient in dire need of help. The patient's medical aid fund was depleted, and they would have had to use the bulk of their state pension for much needed medication. We could give the donation to them. The

tears of joy were something to experience!

Another tiny patient was born with a brain tumor. She is now 10 months old. She was treated with chemo, with Hospice providing support. Her mother took her for spiritual and traditional healing. Unfortunately this has till date had little effect. Hospice gave support by offering treatment for pain control. Holistic care was provided by also giving psycho social support to the family, including the patient's 5 year old brother. The patient is now in a much progressed stage of her illness.

Breakdown of patients by diagnosis



## DONORS AND FUNDRAISING ACTIVITIES

Tins are placed as an ongoing activity. We do derive a small but regular income from these.

**My School cards:** We have applied to MySchool for cards. These would work as follows: Individuals that have cards linked to the Hospice as charity, need to present these cards when making purchases at the allocated shops, such as Woolworths,

ToysRus, and others. 1% of the purchase will then be donated to St Helena Sandveld Hospice. Once we have approval, we will approach our data base to all acquire such cards.

**MBMW CLUB** from Cape Town came to visit us on the 16<sup>th</sup> of May. This is a not a motorbike club, but a club of BMW car owners. They held two functions, one was a car wash day, and collected

sufficient funds for 50 food parcels. Parcels were made up to feed a family of four for a week. Dalena and Christie received these parcels at about 13h00 the Sunday. From here they went with Sharon February to visit families where people live on grants only. Ms February has previously been touched by Hospice, and she was instrument in the referral.

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



Above: Christie Du Toit, Dalena Maartens and members of the MBMW Club with the food parcel donation  
Below: Christie and raffle prize winner, Andre Boshoff

## EVENTS

Several events took place since our last newsletter:

**Bingo:** Flippie Snyman entertained us all for an evening of Bingo on the 11<sup>th</sup> February 2010. Two accommodation prizes

were given away, as well as numerous others. Curry and rice was served.

**Raffle:** The draw of the raffled Bafana Bafana shirt autographed by

Lucas Radebe took place at the Strategic Planning Session. The winner was André Boshoff . George Holmes sold the most tickets, thank you George!

## UPCOMING EVENTS

Our annual **Spinathon** is planned for 31<sup>st</sup> July 2010, again in conjunction with P.L.A.Y and with the assistance of Langebaan Private Gym. Entry fees are R80 for individuals for the first hour, and R30 for every following hour. If the spinners want to do the full 8 hours, the fee will be R250.

Corporate organizations are encouraged to challenge each other, at R1000 per team. Scholars will be charged R50, and will still receive the complimentary t-shirt. The Weskus Mall is providing the marketing, and their involvement urges us to make every effort to make this event as profitable as

possible.

**Spring ball, Table of unity and Art auction.** This evening promises to close the functions for the year on a high note. We have secured Longacres as a venue, with Christine Capendale overseeing the food. On 28<sup>th</sup> of August, we have approached artist such as

Marius Strydom - <http://www.mais.co.za/>,  
Marina Clunie <http://www.fishermansrest.co.za/art-gallery.html>  
Ella Ahlers <http://www.southafricanartists.com/showartist.asp?WorkID=58370>  
from Stellenbosch to paint the view from the Weskus

Mall.

They will be painting to the sound of music, forming a symphony. The yield of the day will be auctioned at our Spring ball, 18 September. Portchie <http://www.portchie.com/cv.htm> has donated a signed calendar, which will go on auction.

Other works of the artists will also be on view on the evening.

Tickets will sell at R180 per person. Our goal is to include sufficient wine on the tables. Start saving @ R50 per month! The person who sells the most tickets will receive his/her own ticket (1) for free.



## FOR YOUR RECORDS

Our bank is: Standard Bank Vredenburg

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

**WWW.FACEBOOK.COM**

We are on Facebook! Please join Facebook as a friend, or you can supply Christie with your email address, and you will receive an invitation to join.

If you handle your profile with the correct privacy settings, you will be able to enjoy all the comments from Facebook friends. This is a handy tool when we want to create

awareness of our functions and activities.

**WANTED!**  
 Are you tired of bulging cupboards and bookcases?



St Helena Sandveld Hospice need all your unwanted gifts, second hand books, clothes, household items and other "goodies", for sale in our Charity Shop. Donated goods can be delivered to 32 Saldanha Road, Vredenburg during office hours: 08h30 to 16h00 weekdays.

**Mission**

*To provide specialized Palliative Care to all who require this in the Sandveld region , as well as care to the Chronically Ill, within our scope of operation.*

**Vision**

*To provide specialized Palliative Care to all in need of such support in the Sandveld region.*

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 shop.

**ST HELENA SANDVELD HOSPICE IS SUPPORTED BY:**



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