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EMBRACING
QUALITY
OF LIFE

JUNE 2016 NEWSLETTER

FROM THE CHAIRLADY

On behalf of the Board I would like to congratulate and thank all of our staff and volunteers for their efforts to make our charity auction such a success. This, of course, would not have been possible without the generous donations of items we received for the event and we record our appreciation to the many donors for their generosity.

The event was organized by John Gardiner of The Jesus Church in Merrivale who very kindly made the venue available and made all the necessary ancillary arrangements, including our auctioneer, Daryll of Kensington Bond, who got everything and everyone going in what was a sociable and enjoyable evening. Thank you to all who participated and supported Howick Hospice.

Our staff and volunteers are the lifeblood of our organization – without them we would not be able to survive and provide the services in terms of our Mission Statement and Objectives. On behalf of my colleagues on the Board, I thank Sharon and all her staff for their work in maintaining and furthering our service to the communities of Howick and the areas in which we operate. Our Professional Team under Sr Charlotte Woudberg, are deserving of a special tribute – not only for their medical duties, but also for the empathy they display in dealing with their patients and their families. This is an integral component of Palliative Care and without it we would not be fulfilling the core part of our operations.

Volunteer work is a calling and we appreciate the time and effort which our volunteers devote to Howick Hospice.

Thank you to all who supported our Fair on 4th June and we look forward to seeing you at subsequent events later in the year.

Sheelagh Smallwood

FROM THE GENERAL MANAGER'S DESK

Good day, everyone! I hope you will enjoy this update, our first Newsletter of the 2016 year.

People say one never knows how much it means, until one experiences Hospice care. Certainly, this is the case with our patients. Currently we care for between 80 and 100 patients per month, approximately 25% of whom are children. On average, 18% of our patients are cancer patients and the remainder TB and/or HIV/Aids (which cases could become terminal if palliative care is not offered). Over a third of our patients are identified as Category 3, which means that they are extremely ill and need intensive care.

As you all know, Howick Hospice Association offers free home based Palliative care to patients in our community referred to us with a confirmed diagnosis of a life threatening illness and reduced life expectancy. Palliative Care traditionally, has been regarded as care applicable when all else fails; in fact when folk are asked what they understand of Hospice care we are told that Hospices care for those who are dying. Whilst this is essentially true, it is not a totally accurate reflection. It is so much more! You see our whole reason for being, our passion and commitment, is not only to care for and bring comfort and dignity to those who are dying, it's to bring quality of life to our patients and their families whilst there is still life. Palliative care is an holistic approach which not only addresses pain and symptom management, but also aims to provide emotional, social and spiritual support for the patient and family in coping with a life threatening disease (and beyond, where necessary, with bereavement counselling).



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As a non-profit organization we have to generate our own income in order to continue to offer a free service to our community. This year our annual Budget (01 April 2016 – 31 March 2017) amounts to a little over R3.6 million. This works out at just on R300 000 per month, which might seem like a lot until one realizes this covers the costs of patient care, salaries of 25 staff members (none of whom receive market related salaries or benefits), the fuel costs and maintenance of 4 service vehicles, the upkeep of the Mansfield Road Hospice House and Charity Shop and all overheads such as electricity and water etc. Funds are generated by means of holding fundraising events, submitting funding proposals to local, national and international businesses and corporates, selling donated goods from our Charity shop, telemarketing, and of course, from the immeasurable goodwill of our community outworked as monetary donations, donations in kind, and bequests. I cannot tell you how much your support means to us all! A huge heartfelt THANKYOU comes your way!

And since we are talking about fundraising I should also like to take this opportunity to let you know about our newest and upcoming fundraising endeavour. Having just received permission from the Lotteries Commission, Howick Hospice will be launching in June, our very first “2000 Club”. Essentially, we will be inviting the first 2000 people interested in participating, to commit to a debit order of R50 per month for one year. This will afford them the opportunity to be entered into our monthly draw in which the first prize will be R20 000, the second prize R2 000, and then three prizes of R1 000 each. Every month the draw will take place under the close supervision of our Auditors. Every month five lucky people will be drawn! And every month your support will put much needed income into our coffers. We will only begin to accept money when we have 750 members.

Our AGM is taking place on Friday 24 June, from 10.00 until 11.00. Please accept this as an invitation to attend. I'm happy to say that the whole Board is willing to re-stand for election. They are Sheelagh Smallwood (Chairman), Robin Gibson (Treasurer), Jane Miller, Lynn Taylor, David Totaram, Clr Thembi Cele and Clr Sipho Ndlovu. My very grateful thanks to each of you for your commitment to Howick Hospice, and very especially to the Exco, Sheelagh and Robin.

Finally, a shout out to all staff members and volunteers. Without you we would not be able to provide the service to our community, that we do. You folk are legends! Thank you.

Until we chat again, keep warm, stay safe and God bless.

Love Sharon

NEWS ON THE STAFF FRONT

Rose Sirkhot, one of our long-standing Community Care Workers, has now joined Colleen as her Shop Assistant, and is doing a fine job of keeping the Shop neat and tidy – and, on occasion, helping with crowd control, which she handles admirably! This job change was occasioned by a drop in patient numbers in the Lidgetton area, but Rose is very happy in her new surroundings.

Nompilo Khowane : all staff were very sad to learn that Nompilo's mother had passed away suddenly in hospital last month. Our love and sincere condolences go out to her and her family on their sad loss.



Gerry Folker is setting up and co-ordinating the Howick Hospice 2000 Club, which we hope will be a very successful and well-supported income generation project. The first prize each month will be R20 000, second prize R2 000, and three third prizes of R1 000 each. Definitely worth the R50 per month debit order and the odds of winning are far, far better than Lottery!

Please phone Gerry on 033 330 5257 if you would like to join the Club (the monthly draw will be done by our Auditors) or if you have any queries. We will not accept any money until we have 750 members!

Former Staff : Our love and congratulations to Dave and Mel Brauteseth on the birth of their beautiful little baby girl, Olivia Lynn, on Tuesday, 14th June!

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NEWS ON OUR VOLUNTEER FRONT...

Mabel Heymans : We were very sad when Mabel told us earlier this year that she was going to retire from the Card Ladies Team, which she had run so efficiently and well for a long time. However, reluctant though we were to let her go, we had to realise that, at 89, she was entitled to some time to relax and to be able to travel down to see her daughter who recently moved to Robertson in the Cape, where she is bookkeeper at the Donkey Sanctuary. We thank Mabel most sincerely for all her dedicated help over the years, and for always seeing to it that stocks of cards were made to a high standard and taken to the various outlets in good time.

Ruth Small, another long-standing member of the Card Ladies, also left us at the same time as Mabel. Thank you, Ruth, for the many years of help which you gave Hospice.

Les Peiser : We were absolutely delighted when Les, our bookkeeper until last year, offered to join the Card Ladies in an advisory role, offering help and ideas when needed. Les is well-known for the exquisite cards which she makes so professionally, and we are looking forward to her giving another Card Making Course in the very near future. Watch this space!

New Volunteers : We are delighted to welcome **Linda Larsen** who has joined as Denise Larsen's assistant in the Sorting Depot; **Sandra Cornelius** who will be helping in the Front Office; **Lynett Bronkhorst** who will be helping in our Shop on Fridays, and is also on the Front Office Standby list. We thank you all for thinking of Hospice and wish you all a long and happy association with our team!

As always, a HUGE Thankyou to all our wonderful volunteers, without whom we would never manage all that is achieved each month. Thankyou!

Love Gill

A NOTE FROM THE CLINICAL DEPARTMENT

Howick Hospice has been offering a service of home-based Palliative care to the Mpophomeni area since 1999. The service started with just a handful of patients but has grown enormously over the years. We have two Palliative trained Registered Nurses and five Community Health Workers allocated to this area of care.

Through working in this community and also taking cognisance of the feedback from our Community Health Workers (who reside in the area) a need to engage with the DOH Primary Health service became urgent as so many people are suffering with TB.

A formal meeting was set up with the District Manager, TB Co-ordinator for the area, the Operational Manager of the Clinic, the nominated TB Facilitator at Mpophomeni Clinic, the Howick Hospice Clinical Manager and one of the Registered Nurses from Howick Hospice. It was a productive initial meeting and gave us an opportunity to explain the unique approaches in Palliative Care. A system of referral of 'new' TB patients, seen at the Mpophomeni Clinic, to be referred to Howick Hospice was implemented.

This system has been very successful and since inception in June 2015, 46 patients diagnosed with TB have been referred to Howick Hospice. The majority of these patients are co-infected.

The patients are visited once a week by the Registered Nurse and twice a week by the Community Health Worker. This is the minimum number of prescribed visits and if the patient presents with unexpected symptoms and side effects additional visits are conducted.

This service has made a huge impact on those patients referred to Howick Hospice. The patients appear to be more inclined to remain compliant with their treatment with the support and encouragement of the Howick Hospice staff and arrive at a place of cure from TB.

One of our patients who had TB and was in our care, had this to say following her 'journey' with Howick Hospice.

"Thank you very much Howick Hospice for helping me and my family. We wish you all the best and keep on doing this to other people. God bless you and we love you so much"

Love Charlotte

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A NOTE FROM THE FUNDRAISER

I have been working for Howick Hospice for slightly longer than a year now and I am still so humbled to be part of a team that care so much for their patients and the community in which we work... I am truly grateful for the continued support and guidance I receive daily from our staff, volunteers and community; I know that I would not be able to do it without your generous support.

We were overwhelmed by the beautiful "Hospice Hearts" quilt that was made for us by the Meander Quilters' Guild. It was raffled and Amanda Heafield was the very surprised and delighted winner.

I say a big thank you each of you who have contributed to the success of our Howick Hospice fundraising events in the various ways; we know that it would not be possible to host such successful events without your continued and generous support. I also say a big thank you to each of you who have kindly done independent fundraising for Howick Hospice. We are truly grateful for all your support.

I am looking forward to seeing what the second half of 2016 has in store for us.



Love Kaylynne

NEWS FROM OUR CHARITY SHOP

We had our first auction with the help of John Gardener and auctioneer, Darryll. What a great evening it was! A big thank you to all the ladies from The Jesus Factory, who provided the tea, coffee and eats. It was very well attended and much laughter and fun was had by all. We plan to repeat this again next year so if you have anything unusual of value to donate or sell please remember we are collecting for the next auction!!

The shop continues to thrive, thanks to all your generous donations and our shoppers. Please remember; if you want a bargain, Howick Hospice Shop is where you will find one.

Our books are well organised as we have two dedicated 'book-keepers' helping with the sorting and pricing. Some of the folk who came to our Winter Fair, held a few weeks ago, bought 2 books for one Rand...-.....now that's really a bargain!

We are always in need of volunteers to help out in the shop. So if anyone has a few hours free in a week, please consider spending them with us. Believe me it can be great fun! so please give it some thought and phone Gill on 033 330 5252 if you are interested.

Once again thank you for your contribution to our efforts. GOD BLESS..



"Never put the key to your happiness in someone else's pocket"

Love Colleen

UP AND COMING EVENTS (please diarize)

28 July 2016

Remembrance Service

Venue: Howick Hospice 10am-11am

30 September 2016

Food & Wine Fair

Venue: Fern Hill Hotel 6pm-9pm

19 November 2016 - **Festive Fair**

Venue: Howick Hospice 9am-1pm