



The Kingfisher Community Chat



February 2018

South Coast Hospice Cancer Screening Clinic

Early detection and screening for cancer can be life saving. Knowing your body and recognizing any changes as warning signs are important in having early diagnoses of life threatening illnesses.

The South Coast Hospice Cancer Screening Clinic, managed by a professional nurse Sr Heidi Thom, offers basic screening for prostate, breast, cervix and skin cancers. Education is given to clients so that

they are able to recognize early warning signs and act on these by going to their relevant doctors.

In 2017, a total of 259 clients were seen through our cancer clinic. A total of 30 clients were referred for further investigation. Educational talks on related topics are given to various groups (schools, churches, retirement villages, etc) for a donation .

The **South Coast Hospice Cancer Screening Clinic** is held every Wednesday on the South Coast Hospice Premises; 29 Connor Street, Port Shepstone

Alternate months clinics are held at:
Mbango Valley Association
(039 682 5251 – Karen Lehmann)
Margate Retirement Village
(039 312 5315 – Leza Edwards)

Prices:

| | |
|--|------|
| Pap smear (includes breast exam, skin screening) | R180 |
| PSA blood test (Prostate test for men) | R 80 |
| Clinical Breast Examination only | R 60 |
| Skin Screening | R60 |

Bookings are essential.

To make an appointment please phone: 039 682 3031

Good News from the OVC Program

The Orphaned and Vulnerable Children Program (OVC Program) was introduced into South Coast Hospice in 2000. It is a program especially designed to provide psychosocial support to orphaned and vulnerable children. These are children infected or affected by HIV/AIDS or any life threatening illness and children who have experienced loss from death, separation and stigma.

The children in this program are supported through services offered by the psychosocial department at South Coast Hospice. Tarryn Smith, a social worker, has been working with a young man on the OVC Program who had been referred to South Coast Hospice for bereavement counseling following the death of his father. This young man's family has been going

through financial and emotional turmoil, and since 2015 Tarryn has been assisting him with counseling, support and food parcels. This year she is happy to share that she was able to assist him in getting re-enrolled into Merlewood Primary (Gr 8). With the generosity of Hibiscus Helping Hands and Holiday Makers, this young man was provided with a school uniform and a pencil case.

We thank the community of

Port Shepstone for their continuous generosity, which enables us to offer support to the many affected by loss daily.



The Job of the Fundraiser and Team Never Ends!

As a fundraiser for South Coast Hospice, it is both humbling and rewarding to strive towards our sustainability. My motivation is in knowing that my efforts contribute to a motivated hospice team that support and cares for patients and their families at a time when they need it most.

Many of our fundraising events can be enjoyed by the whole family, with lucky draw prizes and raffles. My intention is always to provide value for the money spent whilst ensuring that we keep the expenses down. Not an easy feat in these days of rising costs!

Highlights on our fundraising

calendar are the Valentine's and Mother's Day Brunches and the Donkey Derby. Sporting events are always popular especially at Lake Eland. And we are privileged to benefit from Golf Days hosted on our quality golf courses.

Meaningful international hospice events; *Voices for Hospice*, a children's fundraiser through schools, and *The Tree of Light* are a must on our community calendar.

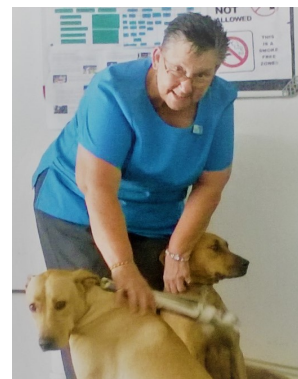
We at South Coast Hospice join together with other charities in the annual *Tekkie Tax* national event.

This year 2018, we can stand proud with all hospices in South Africa

through The Comrades Marathon *Amabeadibead* Charity Division.

Finally– Gratefulness– through this wonderful community that we serve, God blesses us daily and we sing a never-ending song of praise.

Bt King, fundraising@schospice.co.za
082 7280233



From The Training Team

2017 saw over 150 students trained at South Coast Hospice in various courses including Home Based Care, HIV Counseling, Intro to Palliative Care, In-Service Training and the Distance Palliative Care course. These courses skill students to work with those facing life threatening illnesses, the aged and those convalescing.

These skills contribute to creating a much needed support structure in the community.

Palliative: relieving pain without dealing with the cause of the condition
Synonyms: soothing, alleviating, sedative, calmative, calming

The training team is looking forward to another bumper year. Our courses are filling up rapidly.

We wish all our students the best.



Volunteer's Corner

Volunteers make a great contribution to South Coast Hospice. From care giving, working in the shops, sorting out the store room, keeping the chapel neat and tidy to assisting at fundraising events, the kindness of volunteers helps make South Coast Hospice a stronger community organization.

Research shows that volunteering can have a positive impact on one's

overall psychological well being. Volunteering helps people develop stronger connections to those around them and to their community, while bringing a deeper sense of meaning and purpose to their lives.

South Coast Hospice thanks all their volunteers for the wonderful work that they do.

“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.”
Unknown

Editorial *'Your Journey, Our Passion'*

Two years ago my significant other completed his first Comrades Marathon. At the finish, dripping with adrenaline and shining with happiness and excitement, the one thing he kept saying was how he would never have been able to do it without support. Thousands of people line up on the day of Comrades to support people they have never met before, to cheer and encourage them on to that medal. People who themselves have limited access to running water, bring buckets of water to cool off the runners. Many runners will agree that without the support on the road, the race just would not be the same. And so it is on life's journey.

Without support from fellow human beings, life would be empty and meaningless, and the uphill would seem endless. Hospice has walked with many through the 'Polly Shorts' of their life's journey to the finish line, with the compassionate understanding that 'there is no turning back.' Hospice South Africa can stand proudly with Comrades Marathon as one of its official Amabeadibeadhi charities.

In our inaugural newsletter, we introduce you briefly to some of the different departments at South Coast Hospice; fundraising, training, and the OVC Program. It is with the support of the great community we

find ourselves in, that we at South Coast Hospice are able to reach out in support to those who need it most.



Exciting News for all Hospices

On 30 August 2017, hospices throughout South Africa were given the news that Comrades Marathon had selected Hospice South Africa as one of its official Amabeadibeadhi charities for the next 3 years.

Every hospice now has the golden opportunity to fly the palliative care flag high, bringing attention to the importance of quality palliative care services to our patients and the support given to their families. The Comrades Marathon—The Ultimate Human Race—is a testament to the courage and determination of the human spirit

As a symbol of support to all runners, South Coast Hospice is selling handcrafted beaded bracelets to commemorate this race at R10 each.

The yellow and black beads represent The Comrades Marathon, the blue beads represent all the hospices in South Africa, and the butterfly is a symbol of palliative care.

For more information please contact Bt King 082 7280233



Quick Delicious Recipe from Di Christensen

Cheese Muffins

- 1 cup self raising flour
- 1 cup grated strong cheddar cheese
- 1 cup milk (or ½ cup milk + ½ cup yogurt)
- salt and cayenne pepper to taste

Mix all ingredients together.
Bake in a well greased muffin tray at 190° C for 15 minutes.
Serve hot with lots of delicious butter or creamed cheese. Enjoy!



You matter because you are...

"You matter because you are you; and you matter to the last moment of your life"

"...if we can come together, not only in our professional capacity, but also in our common vulnerable humanity, there may be no need of words on our part, only of respect and concerned listening..."

Dame Cicely Saunders



Don't be a hoarder! Donate your goods to South Coast Hospice!

*To all our Funders
Thank you for having a
heart for Hospice*



Last Thoughts with Di Christensen

Bereavement

It is normal and understandable that when you have experienced the loss of a loved one, there will be grief. We miss the person's presence in our lives and as there is no magic potion that will alleviate our grief reactions, we have to experience them. These range from physical, emotional (feelings), behavioural, spiritual and cognitive (thought) reactions.

Whilst some reactions may seem quite strange and bizarre, we need to know that they are 'normal' given the context of our loss and the huge changes that this loss has created in our lives.

So, feeling angry with the Divine, mood swings, forgetfulness, social withdrawal and confusion are just some of the normal reactions we could experience. Because everyone is different and everyone's relationship

with the deceased is different, just so everyone will have an experience that is unique to them.

Hospice offers grief counseling to our patients and their families. However, we are also available to our community. So should you require grief counseling, feel welcome to ring our offices and make an appointment to speak to a counselor.



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*If you are interested in
sponsoring the printing of this
publication, please contact
Joy at 039 6823031 or email
media@schospice.co.za*

Thank you

Thank you for all the generous donations we receive at South Coast Hospice every day.

Visit our Charity Shops at:

Kingfisher Charity Mike Nothard

29 Connor Street, Port Shepstone,
Mon, Wed, Fri 8.30 -11.00

Kingfisher Charity Shop JTV Centre Umtentweni

Mon—Fri 8.30-16.00
Saturday 8.30-12.00

Kingfisher Charity Shop Sebenza Village

Mon—Fri 8.30-16.00
Saturday 8.30-12.00

This newsletter is dedicated to all our patients.

