



1000 HILLS COMMUNITY HELPERS



Issue 16
February 2010

Inside this issue:

Our quarterly newsletter highlighting information for our devoted helpers, volunteers and benefactors.

Hello Dear Friends	1
Garden	2
Skills Development Centre	2
Clinic	3
Baby Clinic	3
BBBEE Points	4
Wish List	4

OUR MISSION

Is dedicated and compassionate service to the people of The Valley of 1000 Hills.

OUR VISION

Is to improve the lives of children and adults infected and affected by chronic illnesses such as HIV/AIDS, TB, Hepatitis, Diabetes, Cancer, Arthritis, and Hypertension, through community and home based primary health care clinics, nutritional feeding schemes, crèches, counselling and support groups.

Our children are our future

Hello Dear Friends,

We extend our gratitude to all who helped give our community a wonderful Christmas. Without your love and compassion for the less fortunate many in our community would have had a bleak festive season. Thank you for walking the walk with us.

The New Year started with a bang, enrolling many more children than what we had last year. The heartache we experience was having to turn some children away as we are full to capacity. Having told those who are affected and infected with HIV/AIDS to make use of our very busy kitchen at least that assured me that the little one's are being fed.



Just to share a little story with you, although our caregivers and staff were on leave having all earned a well



Our Little man Thobani

deserved rest after having given so much of themselves to our community (a care giver safety net was put in place while they were away), needless to say there were days when I and five of our caregivers came to the centre to prepare for the coming year. One morning I walked to Thobani who is only four years old and lives

quite a distance from the centre and having to cross a busy road (busy with taxi's). I was taken aback to see him only to find out that he had come on his own. He was quite tearful and said, "Gogo (which means Granny) please could I have a bath and something to eat". After a good bath and a full tummy, I took him home. I think he is one of many children who looked forward to school starting.





Garden

Our garden which is called "Peace" is a huge help to our kitchen and we manage to give our HIV/AIDS support group vegetables to take home once a week for their children. Our volunteer workers



who come from the support group come on Mondays, Wednesdays, Fridays to assist us in our garden. Thanks to Frank Dixon who has taken over from Rolly Shorten who comes up on a Friday mornings to teach gardening skills.

Never forgetting to encourage our group with their own home gardening. Thank you to Kloof Methodist Bible Study Group who helped us last year with our seedlings and a thank you to St. Dom's Catholic Church, SSVDP Group who also has assisted us.



As we are a registered ABET centre we have great news, all the students passed their exams with flying colours with the help of our dedicated teachers Wilma Lamberti, Carla Schramm, Iona Laing and not forgetting Michael Mthembu. The students in the area are really enjoying our library but being something that they are not used to in the area need to constantly encouraged to use this facility.

Skills Development Centre

Milli who assisted us in obtaining our library, visited our centre during December while on a trip out to South Africa. Milli is back in the U.S.A and will continue to work with us in making our centre a success. Thank you Milli and Ryan Peo.

Thank you to Jenny and her team, Casper and Annemarie, and St. Anne's for assisting us in obtaining the majority of our books. Who would like to thank Neil from Office Metamorphosis for assisting us with our shelving, study desks, etc



As you can see by our pictures what a busy clinic that is run by Sister Dlamini, our Doctors, Pharmacist and volunteer Nursing Sisters. What a blessing the ambulance has been. Thank you to all who assist with our clinic to make it such a success.



Clinic



While we have a very busy baby clinic on Tuesdays, this year we are going all out with our family planning.

Baby Clinic

We have always encouraged family planning. We support them with infant nutrition, those that can't breast feed, formulae is supplied. Facilitate them for birth certificates and guide them through the child grant process. In fact we do complete holistic care of both mother and child and involve the entire family were applicable. Thanks to all who supply our never ending need of baby clothing and all who knit such beautiful garments. Thank you Lindi Levieux for your assistance.

Thanks to KidzAid and Pat Rigley for the support of baby formulae



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Public Benefit Organisation No: 930020228

Our Banking details:

Bank: Nedbank
 Branch: Hillcrest
 Branch code: 133826
 Account No. 1338080571
 Account name: 1000 Hills Community Helpers
 Swift code: NEDSZAJJ

To all friends of 1000 HCH our humble gratitude for your love and support. With out your help 2009 would not have been the success it was. Please pay us a visit if and when you have the opportunity

WISH LIST:

Any vegetable seedlings.
 Any second hand gardening tools.
 Plants for our garden.

Sewing material.
 Cotton.
 Crochet and knitting needles.
 Beads.
 Fabric paints.
 Paint brushes.

Any tin foods.
 Peanut butter.
 Fresh fruit.
 Sugar.
 Plastic Aprons.
 Coarse Salt.

Any second hand clothing.

Plastic scooter bikes.
 Baby Cereals.
 Baby Formula.
 Baby grows.
 Baby Lotion.

Face cloths.
 Nappies.
 Bibs.
 Used computer paper for crafts and drawing.

Toilet soap.
 Toilet paper.
 Wet wipes.
 Sunlight soap– or any other.
 Vaseline.
 Jik bleach.

Savlon or Dettol.
 Aqueous cream.

A4 printing paper.
 Printing cartridges.

Surgical gloves.
 Linen savers.
 Cotton wool.
 Or any item you may think useful for our clinic.

For all those who assist us with our wish list, thank you for all you support

BBBEE Points

1000 Hills Community Helpers is an accredited public benefit organization and non-profit organization. If a company makes a donation to 1000 Hills Community Helpers , they can attract up to 25 points on their BBBEE (Broad-based Black Economic Empowerment) score card. 1000 Hills Community Helpers focuses on helping more than 99% previously disadvantaged widows, grannies, orphans and babies. Socio-Economic development or Corporate Social Investment (CSI) is one of the most simple routes for companies to "give back" to society and to build a strong image as a caring corporate citizen as well as to earn BBBEE points. 1000 Hills Community Helpers is wholly dependant on donor funding. Donations are tax deductible and a tax certificate will be issued for inclusion in tax returns.

Donations can qualify organizations to score BBBEE points. The full value of the contributions made is recognizable if at least 75% of the value directly benefits previously disadvantaged South Africans. The beneficiaries of 1000 Hills Community Helpers are more than 99% previously disadvantaged.

Business enterprises with an annual turnover of between R5 million and R35 million who donate 1% of net profit after tax will receive 25 points towards their BBBEE scorecard. Enterprises with an annual turnover of more than R35 million would need to contribute 1% of net profit after tax to earn 25 points. Please note that points can only be received for company contributions, so donations from staff members will not be eligible. Corporate sponsors will be given a certificate that can then be submitted to a BBBEE verification agency for points on their BBBEE scorecard.