



1000 HILLS COMMUNITY HELPERS



Issue 13

March 2009

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

Inside this issue:

| | |
|-------------------------|---|
| Crèche | 1 |
| Baby Infirmary | 1 |
| School | 2 |
| ABET Centre | 2 |
| Beehive Internet Centre | 2 |
| Wish List | 2 |
| Contact Information | 3 |
| Craft Centre | 3 |
| Sports | 3 |
| Kitchen | 4 |
| Clinic | 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 friends,



Hope the beginning of your new year has been good for you all, but for many and especially the less fortunate it has become a ongoing new challenge of survival within a vicious cycle that begins all over again. As you can see not only has our chapel been used as a



lecture room but it has been turned into a safe haven for children during the day where they are given stimulation, love, and two good meals a day.

Due to lack of space in our school this was the only route we could take as the need of these children was so great that we could not refuse them the care and love they deserve. For the two weeks over the Christmas season while the centre was closed we did notice that a number of the children had lost a considerable amount of weight.



Our Infirmary for Babies:

Our infirmary for babies has also grown. We now have six babies, ranging from one month to twelve months old. Our twelve month old boy cannot walk due to malnutrition. We are stimulating his muscles and his appetite has greatly improved. It is with great sadness that our Aphile of nine months old that weighed only three kilo's passed away. It was very heart breaking to see how desperate she was to stay alive and yet still lost the battle. Aphile may you rest in Jesus' arms, greatly missed by us all.

**School:**

At the end of 2008 there was much joy as eight of our children left us to go to big school. We had a graduation ceremony and each child received a certificate much to the envy of the rest of the school as one of our ladies in the community made the most beautiful caps and graduation gowns.



We are proud to announce that three of our ladies, Nelsiwa Khanyeza, Mthabeleng Moloj, and Angel Mhlongo, will have completed their two year course with Caversham



Education Trust Early Years Education and will finally be qualified pre-school teachers (we would like to thank Wilma Lamberti for this initiative).

ABET:

The Abet course started up again with much enthusiasm from both old and new students. The ABET structure runs as follows: Assessing interested students, ascertaining the level of literacy for each student. Students slotted into their correct entry levels, numbered 1—4 . Then beginning the teaching process. An ABET facilitator hosts a one hour class once a week. First lessons consist of a computer tutorial teaching students to click the mouse. No other keys are required. One hour lessons consist of 30minutes practical interaction with a computer terminal, and 30 minutes where students reinforce their lesson in a workbook. This allows the facilitator to identify and remedy any problems students may experience. IEB exams are written when students are ready to do so. We would like to thank Carla, Wilma, Iona, our dedicated teachers for their assistance, if anyone would like to assist us in the ABET centre please contact us.

**The Beehive internet centre:**

The Beehive is a web based organisation dedicated to empowering community members, Allowing them access, but not restricted to services such as Financial Issues, Environmental Issues, Health & Fitness, Education issues, Employment Issues, Entrepreneurship, Family Issues, Housing Issues, Government & Legal Issues, Woman & Development.

**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.

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.



Important Contact Information:

Dawn Leppan
1000 Hills Community Helpers

P.O. Box 316
 Bothas Hill
 3660
 Kwazulu-Natal
 South Africa



Tel: +27 (0)31 783 4013
 Fax: +27 (0)31 783 4254
 Mobile: +27 (0)84 6252 771

E-mail: 1000hch@zmail.co.za
 Web address: www.1000hch.co.za

Charity Number: NPO 042-122

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

Craft Centre:

Our crafters were delighted with the order of animal serviette holders that were given as gifts for Prof. Mickle's daughter's wedding. Please remember our crafters for any corporate or personal gifts.

I was delighted to meet Louise Hogarth from Los Angeles who has initiated the "Ubuntu Orphan Bracelet Campaign". We have now joined in with this initiative and are hoping to be making these bracelets at our craft centre.



The Orphan Bracelet campaign emulates the ancient Africa ethos commonly known as Ubuntu. This campaign lives the spirit of Ubuntu initially by creating sustainable income for women living with HIV/AIDS.

It continues on an international level by people understand that by buying and promoting the Orphan Bracelet they are creating an intimate human connection with the woman crafters, and their children thus helping them help themselves.

Profits from bracelet sales go directly to providing orphan children with food, education, and shelter.

Sports:

As we all know, sports keeps children off the streets and provides a foundation for a healthy mind and lifestyle. In December we started evening Karate classes at the centre which has proved very popular with both boys and girls.



We are also proud to announce that our soccer team, 1000 Hills All Stars (name given by the team), have played their first match on Sunday the 15th the score was 5-1 in our favour. Besides the match been taking very seriously there was much excitement as it turned out to be a joyous occasion.



Ubuntu
 humanity towards others.



It is through others that I am

This is the Spirit of Ubuntu. One word can mean so much
 Nelson Mandela

"I am only one; but still I am one. I cannot do everything, but I can do something; I will not refuse to do the something I can do."

Helen Keller.

**Kitchen:**

Due to the declining economic situation, the number of community members receiving breakfast and lunch is growing day by day. This is an encouraged option to deter them from a life of crime. For us it's a continuous battle to keep the community fed. If anyone can assist us with our feeding program, please let us know and we would be quite happy to come and collect whatever you have to donate.

Total Meal Statistics for April to December 2008 are as follows:**Breakfast: 19339.****Lunch: 25708.****Clinic:**

Running our clinic sees much sadness but we also have had our joyous moment with Sister Dlamini delivering our first baby that was nearly born on the side of the road. It is always a blessing to watch the beginning of a new life. We are happy to report that it was a little girl weighing 3.5 KG's. Both mom and baby are doing well. Thanks Sister for doing such a good job. We would like to thank all our dedicated volunteers and nursing staff for all their hard work. We would like to thank Sue and her team from Bunny Hop for assisting us with all our birth registration certificates.

**Statistics for people seen in our clinic from April to December 2008:****Birth – 5 years: 1469****Adults: 3568****Bunny Hop Registrations: 34****Family Planning: 44****Deliveries: 1****In Labour to Hospital: 2****Motor Vehicle Accidents: 2****Sent by Ambulance: 11****Support Group members: 1470**