



1000 HILLS COMMUNITY HELPERS



Issue 20
November 2010

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

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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 of 1000 Hills Community Helpers. One can't believe that Christmas is only about seven weeks away. We wish you and your families a joyous Christmas and a Blessed New Year.

The centre will be closing on the 17th December 2010 to the 11 January 2011 as we need to give our teachers, caregivers, doctor's and volunteers a break, but there will be a safety net in place as Dawn will be on call 24/7 during the closure period and will be at the centre on certain days. You can contact Dawn on 084 625 2771.

I would like to express my gratitude and humble appreciation to everyone who have helped our centre to be what it is today. To the volunteers who come and help us, to our Doctors, Nursing Sisters, Pharmacists for your hands on support. From the smallest and the biggest items and monetary help, we could not have done it without your help.

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They say that love makes the world go round, well for these two little girls Tholakele and Zama this is how they were when they came to us and WOW!! look at us now to the right. After pouring much love, caring and seeing to these little girls nutrition, just look at how we've grown.

They do not have parents so we try as best we can to give them what is lacking at home.



We were blessed to have 50 students from MaAfrika Tikkun and Student Village come and paint and equip a room in our Child Development Centre and pre-school into a toy library for our children.

Our children loved the interaction with the students and the end result was amazing.





Our Banking details:

Bank: Nedbank
 Branch: Hillcrest
 Branch code: 133826
 Account No. 1338080571
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 Swift code: NEDSZAJJ

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With the alarming rate of babies being abandoned and dumped in pit toilets and rubbish dumps, Wandisa has come on board and offered us a baby safe. The baby safe has been implemented to give desperate mothers an alternate option to illegal abortions and abandoning their babies where the babies very often end up dead.

The communities who benefit the most from this programme are communities where teenage pregnancy is high, HIV/AIDS infection is high, unemployment is high and the general living conditions are very poor.

The safe will be installed into the concrete fencing of the premises near the nursery but sufficiently hidden to ensure anonymity for the mothers. Three trustworthy people are needed to monitor the safe. They do not have to be employed specifically for this purpose or be onsite at all times, as long as they are close enough to the location to be able to reach the safe within 10-15 minutes of receiving the alert that will be fine. Dawn, Sister Dlamini, and Staff Nurse Nosipho Sibiyi will be on hand at all times to receive these alerts.

The majority of mothers will abandon late at night or early in the morning so we are wanting to get the Abandoned Baby Kits from Bigshoes Foundation to assist the monitors in providing basic medical care for the children when they are found; The nursery will need to be equipped to cater for the babies for 24-48 hours before we can have them moved on a Form 36 to Temporary Safe Care at Lily of the Valley.

All baby clothes are greatly appreciated.

We don't foresee there being more than 2 babies at any given time; Lily have started a designated baby home for the children that come through the baby safe so there will be no problem in moving the children within the first 24-48 hours.



Big Shoes came and trained 13 healthcare workers and school teachers because they deal more with children. They course was based on child nutrition and development including the road to health card and possible treatment that is been taken by children including ARV's/Highly Active Anti Retro Virals treatment highlighting their rights and responsibilities.



This little girl also recently suffered porridge burns and is now in hospital for third degree burns.

Thank you Lord for our ambulance.
 Thanks to Sister Dlamini for her love and dedication to her community.



Most of the time people have been focusing on adults rights, but now Big Shoes has intervened to enlighten us that the children's rights e.g.: Right to health. This photo of what looks like an adult's foot is actually an 11 year old's who was hit by a taxi which then drove off. She was discharged prematurely but we continued to treat the foot and it's healed completely.