



1000 HILLS COMMUNITY HELPERS



Issue 15
September 2009

Our quarterly 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 friends of 1000 Hills Community Helpers,

I would like to fill you in with what's happening for those who don't get a chance to visit us that often. Due to the need for assistance from our under privileged

mothers and babies with special needs and lack of space, we have now using our Chapel as a baby nursery. There being a total of ten babies.



Thanks to Operation Jumpstart we now have the "Toddlers Inn". All eight toddlers started in our baby nursery and now have their own space to play and grow. (Thanks to Sharon for getting our documents in on time.)



Our nursery school has also grown with 22.

In the school itself we have 60 little one's under our care and with the help of Lee-Anne Chapman and our student teachers and our Grade R Teacher, Mary-Angel Hlophe, 20 of which are ready for big school. Through your generosity in helping us these children will benefit so much with the correct foundation set from their infant years to big school. Thanks so much for your support with knitted items, baby clothes, baby food, milk, etc.



All these toddlers were babies when they came to us, but my, look at us now!!!



Cooling off on a hot day.



Storytime in the Creche



Waiting for lunch to be served



Morning Ring.



Quite contentment after a warm bath and a full tummy (Sleep well my Angel)



This little one is 2 days old



In the afternoon after a busy day, Dawn gives much love and receives much enjoyment caring for this little one.

We say fond farewell to Sharon and her team who assisted us with our baby clinic giving of their valuable time, care and love to the babies of our valley.

We welcome Sister Jenny Beere who is also a midwife to help Sister Dlamini and Joyce Murphy who has dedicated her Tuesdays to baby clinic and Thursdays to our general clinic, thank you Joyce for your hard work over the years in assisting us.



While doing this newsletter, we've just added a new baby to our nursery. This little one's Mom and Granny passed away and the grandfather who was left to look after the child came to us in tears looking for help with the scabies infected child



This little one is 24 hours old



Our kitchen volunteer staff.



Don't be mistaken, they're not watching a game a rugby, these two buddies are enjoying a good breakfast.

Monthly Statistics totals from our kitchen for January to August: 136051

Breakfast and a cooked meal at lunchtime.

- January: 8736**
- February: 8826**
- March: 22118**
- April: 20884**
- May: 13837**
- June: 14281**
- July: 32191**
- August: 15178**



Give us this day our daily bread.

While our focus is "Help me to help myself" and self sustainability, due to grannies pensions not stretching as far as they could, some having up to 16 dependants, 1000 Hills feeding scheme assists children, sick and the elderly with the much needed plate of food. Those who come here do not sit idle, we are in constant look out for knitting needles, crochet hooks, fabric, and anything to do with crafts to keep those that come here busy. These items are sold at pension point and taxi ranks to earn a few Rand to keep families and our crafts centre going .



Sister Georgina.



Thanks Gill for your never ending love and support for the people in our valley.



Sister Bonzie.



Thanks to our team of Volunteers, Doctors, Nurses, Sisters, our Pharmacists and all who give of their time in helping our clinic to be a success in helping many people here in our valley.

We would also like to thank our overseas friends, without their continued support we would not be able to reach many of the sick that we do.

What a huge help the ambulance has been. It has helped us to get to places where otherwise we would have had to use a wheel barrow. Thank you Kloof Rotary.



Thank you for giving me a chance in life and loving me





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@zamil.co.za
 Web address: www.1000hch.co.za



Education, Education, Education.

Our computer training centre is going strong. It now plays host to our ongoing ABET (Adult Basic Education Training) course as well as a basic computer literacy course and a C.V. and research internet centre.

The accredited Abet course presently hosts approximately 30 students a week. With the procurement of a new hut we have been able to establish a proper study and lecture room where students can attend ABET facilitation sessions in peace and quite without disturbing or being disturbed by other students. This hut also doubles up as a lecture room where educational talk and sessions can be help without any interferences.



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

Basic computer literacy courses run almost daily and currently have a total of 60 students who attend. Unofficial certificates are issued to students who complete these Basic computer literacy courses. Although these certificates are issued to students for completing their courses, they are not recognised as an official registered document that can be included in CV's or for securing meaningful employment. This is due to the fact that we are not a registered educational institute or facility. The purpose of this certificate it to serve as a reference that the individual has completed the course and is computer literate. Students would also be able to use it to prove that they have adequate preparation for courses that offer registered certificates.

The centre also allows individuals to create and update their CV's. School children frequently use the internet café for research and information collection from various educational websites. The internet café plays a vital role in opening up opportunities to those who have no other means of obtaining them. As with everything in life there is also a down side. With the increase of internet usage by students, an additional strain is place

on the community centre's resources. This is due to the fact that the internet centre share the same broadband connection the rest of the centre. This does strain our financial resources so if anyone is will to help we will hugely appreciate the assistance.

We have a new additional lecture and study room and after a year's hard work we now have six students who are ready to write their official IBE which exam is a highly recognised exam in November. This is exciting news as these students can now prepare for these exams in the much need solitude needed for their concentration. We are also an accredited and recognised centre.

Our thanks to Carla, Wilma, Iona, and Sadhna Singh who has recently joined to assist us in the computer literacy course, teaching classes every Tuesday.



Thank you Dorothy Kennet, from Rotary Club of Bloomington, Illinois for all the books for our students.





Clinton Global Initiative University and Pat Tillman Project: Milli Reddy Educational Speaker Series Kicks off

In July 2009, we kicked off our educational speaker series at the 1000 Hills Community Center. Dr Anand Moodley, a neurologist from The Nelson Mandela Medical School in Durban gave a presentation outlining the different types of Epilepsy. This interesting and informative talk was enjoyed by the health care workers at the center. One of the main points that was highlighted was how to recognize the early signs of a seizure. The talk was a success and Dr Moodley has agreed to present more continuing education sessions at the clinic. We hope that future talks can be conducted inside our library which we plan to establish by 2010. Plans regarding the establishment of the library are coming along well. We are currently working closely with several businesses in the Durban area to raise more funds to acquire an enclosure for the library. We

hope that the enclosure will be able to hold at least 20 to 30 students and will have wheel chair access. Mahesh Pillay, a young chartered account in the Johannesburg area is assisting us in raising some of the funds. Other initiatives which are part of the CGIU project and are currently underway are outlined below:

- (1) Misbah Moten and Karla Kruz (pharmacy students from The University of Texas at Austin, USA are designing an antibiotic and antiretroviral awareness pamphlet (including information on proper disposal of medication),
- (2) Diabetes Care Promotion through the use of a diabetic record card in patient files, and
- (3) Skype education sessions provided by pharmacists and other health care professionals from the United States.

The progress of these and other initiatives will be discussed in further detail in upcoming newsletters.

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 your support



Evicted settlement update



They only have six toilets and showers with no running water or decent sanitation to share between all of them

In our last newsletter we wrote about the thousand odd people who were evicted from their informal settlement just outside the Durban Metro area. After seeing pictures like this you can realise what its like with over a thousand people living together having no sanitation and no water. With the economical crisis punching an almost fatal wound into most smaller healthcare clinics it's no wonder our clinic has become so busy. For those that are too weak to get to us we do home visits with Sister and I have taken to feeding them as well partly in order for them to be able to take their much needed medication. The plight of these people really digs deep into the heart of what we do as a community based organisation but we are seemingly limited in what we can do in cases such as this by lack of funding which is an essential part of our empowerment to assist those less fortunate than ourselves. Without financial assistance we struggle to do what we need to do and are forced to do only what we can do. This area is a breeding ground for all sorts of disease, I have spoken to our local councillor concerning the problem but have had no response as yet.



In the December holidays with all the children coming to the centre, we have this year decided to have a clean up campaign. We will be giving talks to the children on the importance of the environment, cleanliness, and hygiene. With this knowledge we want to set up groups and encourage the children to clean up in their particular area where they live. We will be doing this with the help of the Principle of Imbaliyezwe Junior Primary school who will assist Dawn with setting this project up. Anyone who would like to assist with plastic bags, rubber gloves please contact Dawn.

MATT. 25v35-40

35 FOR I WAS HUNGRY AND YOU GAVE ME FOOD, I WAS THIRSTY AND YOU GAVE ME SOMETHING TO DRINK, I WAS A STRANGER AND YOU BROUGHT ME TOGETHER WITH YOURSELVES AND WELCOMED AND ENTERTAINED AND LODGED ME,

36 I WAS NAKED AND YOU CLOTHED ME, I WAS SICK AND YOU VISITED ME WITH HELP AND MINISTERING CARE, I WAS IN PRISON AND YOU CAME TO SEE ME.

37 THEN THE JUST AND UPRIGHT WILL ANSWER HIM, LORD, WHEN DID WE SEE YOU HUNGRY AND GAVE YOU FOOD, OR THIRSTY AND GAVE YOU SOMETHING TO DRINK?

38 AND WHEN DID WE SEE YOU A STRANGER AND WELCOMED AND ENTERTAINED YOU, OR NAKED AND CLOTHED YOU?

39 AND WHEN DID WE SEE YOU SICK OR IN PRISON AND CAME TO VISIT YOU?

40 AND THE KING WILL REPLY TO THEM, TRULY I TELL YOU, IN SO FAR AS YOU DID IT FOR ONE OF THE LEAST OF THESE MY BRETHREN, YOU DID IT FOR ME.

Warm regards from 1000 Hill Community Helpers Board members and Working committee.

**Many Thanks and much love,
Dawn Leppan
Chairperson and Founder**

We would also love to give the children an inexpensive T-shirt to wear on the day to make them feel special. Any person's who would like to donate T-shirts are welcome to have their logo put on the T-shirt . We would also like to get the media involved.

