



1000 HILLS COMMUNITY



HELPERS CENTRE

# ANNUAL REPORT MARCH 2013- FEBRUARY 2014



## WHO WE ARE

The 1000 Hills Community Helpers is situated in the community of Inchanga Fredville. Serving a population of +- 30 000.

## OUR MISSION

Is to provide 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, Cancer, Arthritis, and Hypertension, through community and home base Primary health care clinics, nutritional feeding scheme, ECD programmes, counselling and support groups





# THE TEAM

## WORKING COMMITTEE



**Zandile Phetha- Admin**



**Sonto Msomi- Admin**



**DAWN LEPPAN- CEO/FOUNDER**



**Dr Yvonne Reece**



**Sharon Salomon-  
Accountant**



**Nathi- Computer Facilitator**



**Karen Harte- Nursing St**



**Sister Luthuli- Nursing St**



**Charles-Driver**



**Glenda Patterson-  
Nursing St**



**Sister Dlamini- Nursing St**



# SOCIAL DEVELOPMENT

We at 1000 Hills continue to work with the Department of Social Development on HIV and AIDS program.

We have 8 community care givers (CCG's) and 1 supervisor who are receiving a monthly stipend from the Department. The CCG's work 5 days a week doing community outreach-home visits, identifying orphans and vulnerable children, and assisting those who are sick or in need of a community care giver. Each CCG is entitled to do 3 home visit per day resulting to 15 home visits a month each. The CCGs meet at the centre monthly in putting together monthly reports for the Department with the help of the project manager and their supervisor.

We are pleased to say that the Department is giving us 20 monthly food parcels to give to destitute families and vulnerable children. 25 school uniforms per year to give to our orphaned and vulnerable children. They also give us a percentage towards our water, electricity, telephone bill, meeting refreshments, awareness programmes e.g. world AIDS day.



**social development**

Department:  
Social Development  
**REPUBLIC OF SOUTH AFRICA**

**1000 HILLS COMMUNITY HELPERS  
FOUNDED IN 1989**

**BY**

**DAWN LEPPAN**

**"TO GOD BE THE GLORY FOR ALL  
HIS INSPIRATION AND GUIDANCE"**

The Department is also assisting us in giving a monthly stipend to the project manager and admin support. Whose job is to complete all the necessary documentation and correspondence between the Department and the organisation. They also do monthly requisitions, monthly reports and attend all meetings that have been called by the Department.

We thank the Department regarding our HIV/AIDS programme.



# SKILLS DEVELOPMENT

## MINISTER'S FOREWORD

The third National Skills Development Strategy (NSDS III) follows the integration of higher and Further education and skills development into a single Department of Higher Education and Training.

Partnerships between employers, public education institutions (FET colleges, universities,

Universities of technology), private training providers and SETAs will be promoted so that the

Integration of education and training becomes a reality experienced by all South Africans.

Priority

Will be given to strengthening the relationship between public colleges and universities and the

SETAs, as well as with employers.

**Dr. B.E. Nzimande, MP**

**Minister of Higher Education and Training**



As trends change in 2 years we have seen lot of young people so called Born Free using our centre more ,which mean our approach must also change to address their specific needs, because some are still to further their studies, get job experience (learnerships, traineeship ). We need not only teach computer skills only but also address business skills and communication (public speaking, presentation, effective writing, interview skills, online application for school funding etc.) We don't do this alone, but have forged relationships with other organisations i.e. Nedbank, Embo Craft to mention a few). We are trying to establish many long-term partnership which we are very optimistic will assist us in achieving our Skills Development Goals also aligning ourselves with National Skills Development Strategy Set by the Department of Higher Education and Training

## COMPUTER CLASS

This current financial year 2014 has paused another challenge as we saw a rapid growth in students awaiting to do computer classes "as once wise man said numbers never lie". Since last year we have seen our numbers grow significantly where we see 3 classes run a day four times a week, which means we have 60 students per cycle of 3 months benefit on the programme. This means in total we have 240 student in our computer programme.

As 1000 Hills Community Helpers we Vision ourselves as the cornerstone in Skills development in our area, prioritising scarce skills with an aim of addressing skills shortage ultimately decreasing alarming unemployment especially our youth.



# SKILLS





# CARPENTRY & SEWING COURSE

In partnership with Embo Craft thus far we have managed to train 20 students on carpentry and 10 on sewing, which some have managed to establish themselves in respective industries and get employment.



As 1000 hills community helpers we have establishing ourselves as the skills centre where we unlocking peoples potential to be economical active by providing basic skills ranging from Basic Computer Course, Sewing, Carpentry we are doing this by running class by ourselves and also partnering with other organisation in the quest to address skills shortage.



Graduation day 12 very proud men together with their trainer and Carolyn Webster of Embocraft Training centre trust.



SKILLS MATRIX 2014 FINANCIAL YEAR

Course	No. Of Recipients	Gender		Age	
		Male 	Female 	20-35	36-50
Computer Course	240 /year	15%	85%	95%	5%
Carpentry	20 /Year	100%	0%	50%	50%
Sewing	10/Year	0%	100%	10%	90%



# OUR SCHOOL

In our school we have 258 children attending our crèche and pre-school, and there are many others on the waiting list. Our school's running hours are from 07:30am till 16:00pm, and the pre-school runs from 07:30am till 15:00pm. During these times the children are under constant adult supervision.



The baby room has 2 teachers who deal with changing nappies, feeding babies and bathing them.

The toddlers room, ages 1 & 2, has 8 teachers who are dealing with changing nappies, taking kids to the playground. The children play with different safety toys under the supervision of the teachers.

In our pre-school, ages 3 & 4, we were able to add a new class accommodating 50 children. They all engage in different activities guided by the daily program and lesson plans. They are provided with lots of safety toys. They use play dough, big and small balls, cars for fine-motor working with their hands. We also train the children to go to the toilet on their own and to say if they need something.



# GRADE "R"

The grade R class is registered with the government and the teacher is supervised by the principal of the local primary school, Imbaliyezwe. We work under the different motor groups, e.g. fine-motor, gross-motor, a creative and a constructive activity every day. This ensures that the child has access to opportunities to develop the skills required for reading and writing which start in grade R age 5. We follow a daily program and lesson plan that guide us through our work every day. We prepare different activities each day to help to develop the child holistically.



The school provides the children with a meal everyday. Because of the extended time, the school now provides 2 meals and afternoon snacks each day. We also have our school-bus which runs every morning and every afternoon to provide transport to those children who normally have to walk or carried by siblings to and from school.



Our grade R's went on a beach trip, through the support of Aunty Dawn, where they enjoyed themselves and experienced the most wonderful time as part of school activities. The grade R's also graduate at the end of each year.



# AFTER SCHOOL CARE

Our centre always takes care of the crèche babies until the responsible person comes to fetch the baby. By doing so we ensure the safety of the child and avoiding them being taken by strangers.

We accommodate the primary and high school kids, especially those who don't have something to eat. They come to the centre after school and have something to eat and to take something home.

Our centre also assists the kids with homework and access to the internet for school assignments and research. After school we have volunteers who come and play with the kids.



## ORPHANS AND VULNERABLE CHILDREN

Orphans and vulnerable children

We work with the multi disciplinary team by identifying all the needy and we individualise our cases, do documentation and refer to suitable services, i.e. psychologist, mental health, SAPS, OSS (Operation Sukuma Sakhe), social workers, schools, Place of safety temporal and permanent, ward councillor.





# SCHOOL SUPPORT

Our centre is working hand in hand with school teachers while we identify the needy kids and assist with stationery and uniforms. We visit schools for health care talks and teachers refer to our centre (written letter) for management of different problems.

We also attend to school kids when they come to the clinic and a certificate of attendance is issued to them so that they can go back to school to catch up with other periods if they missed out.



## SCHOOL HOLIDAYS

During school holidays the school kids come and spend their time in our centre. We have certain donors, e.g. KFC, providing special playing entertainment i.e. jumping castle and toys. The centre provides the kids with free breakfast and lunch.

The grown-up school kids take up activities in the centre like cleaning, dishwashing and playing with crèche kids voluntarily.





# THE SAFE HOUSE

We have a recognised place of safety where we put people of all ages while we are following the reports of the social workers since there is a delay with the government procedures.

From our safe house we have all the means for school children to continue with schooling, grannies to get their old age grant. We have a full-time matron who takes care of the safe house so that the vulnerable are not left alone. They are provided with three meals and all other basic needs, security is also provided e.g. high fencing and a locked gate so that a safe environment is created.



## COMMUNITY OUTREACH

Our outreach team visit families who are struggling with poverty and provide home based care. The team identifies families staying in informal settlements, we issue meal tickets for food parcels and we deliver the food parcels to those who can't reach our centre. Those who can, come and collect the food parcels with wheelbarrows.

Our centre also receives parcels from donors and issue these to the community. We take care of people with chronic illnesses and frail carers.



# A PLATE OF FOOD

Plates of food are provided to those who don't have anything to eat at home, especially those whose take treatment like ARV's and anti TB RX. They are given 2 meals a day, breakfast and lunch. They eat a well balanced diet i.e. porridge, brown bread, yoghurt, juice, samp and beans.

**Sponsored by Carte Blanche Making A Difference Through KFC Add Hope**



# CLOTHING

Each week we receive donations of clothing, shoes including school shoes which are given to needy families such as orphans and homes where families have no financial income due to ill health. These items come from the local communities, our visitors from overseas and local companies.

We work closely with local schools and our care givers in identifying needy children who need clothes and school uniforms. At present, to our great joy, we are able to assist 60 school children in providing them with much needed school uniforms. This assists them with emotional wellbeing in that they feel part of the learning team and do not feel left out.



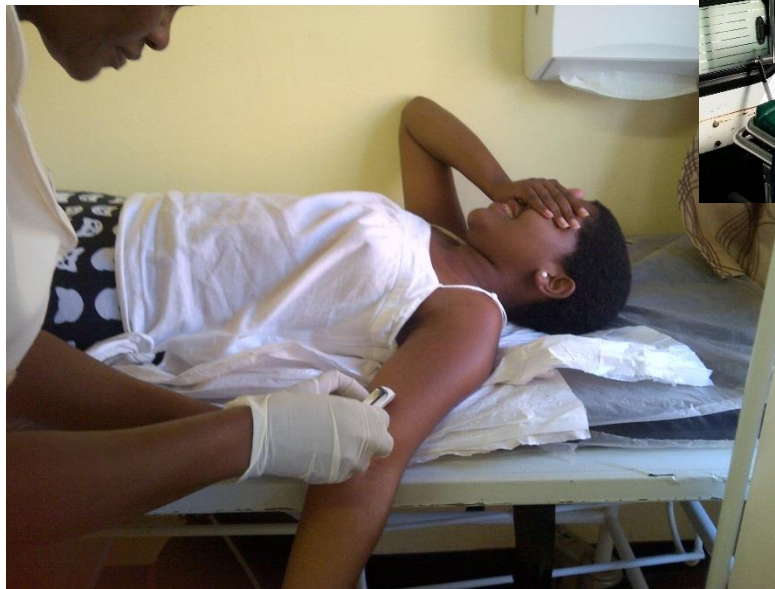


# FAMILY PLANNING

Our reproductive health services have been improving because we now provide family planning in an injectable and Implanon NXT 68mg. Since we implemented this system we have had 89 patients injected and there have been no complications or removals so far.

The implant is a small, flexible rod which is inserted under the skin of the inner upper arm. It slowly releases a progestogen hormone to prevent pregnancy for up to three years.

Progestogen is one of the hormones used in the combined oral contraceptive pill (the Pill) and is similar to the natural hormone progesterone which is made by the body.



We also do rapid testing of HIV and AIDS, testing and issue of dual protection i.e. male and female condoms, CD4 count testing and refer for fast track of ART initiation to the patients who have a CD4 count of 350 and below.



# CARE FOR THE AGED

We run it in the form of the old age support group where all the aged (male and female) are welcome to come to the centre every Monday. They sit together and we organise different volunteers to provide different services to the aged, like mild exercises, playing netball, teaching them handwork.

Even among the age themselves we identify very good skills which they end up sharing with the group. They end up getting skills to do self money generating projects.

We get the chance to teach them about their chronic diseases (diabetes mellitus, arthritis, insomnia etc.) Also the importance of treatment adherence than compliance, the possible side effects of treatments and their management.

They end up forming friends and in sharing their problems-they counsel each other from their past experiences e.g. rape, assault, caring for their grandchildren etc.



We provide pairs of scissors, cutting kit and soap and clothing. Teach them about hair and body washing to ensure basic health care.



# COUNSELLING SERVICES

We have Sally John as a Counselling Psychologist who has been working in this centre since the beginning of 2012. She initially supervised Jessica, Dawn's granddaughter, who was doing her registered counsellor internship.

Dr. John continued to volunteer on Thursdays at the centre during 2013 & 2014.

In 2015, she hopes to bring intern psychology students from McCord Hospital to do their community outreach programme here. This will include assessments of sexual survivors and children and adults with intellectual impairments as well as intervention groups for people living with HIV, substance abuse challenges and grannies caring for children of deceased parents.

Since the beginning of 2013, Dr. John has counselled, written court reports and grant motivation reports for 248 patients. A significant number of patients have obtained government grants which are helping to sustain families and support children and adults with intellectual impairments. Children are enabled to attend special schools with these grants. Dr. John hopes, in 2015, through the help of her students, to run an activity group for intellectually impaired adults.



Sally John- Counselling Psychologist



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- Carte Blanche making a difference through KFC Add Hope
- Betty Laws Foundation
- Goodwill and growth for Africa
- Community Chest
- Compassionnow
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- PEPFAR
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THE VICTOR DAITZ FOUNDATION







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