

## CUYLERHOLME ROOMS

Wendy Reid : Manager

By Lisa Diesel : Project Manager



**The long awaited and much needed Cuylerholme Rooms transformation finally underway.**

Cuylerholme Rooms has had a radical physical transformation over the past year. As a result of generous funding from the Milde McWilliams Trust, much needed waterproofing was undertaken from June 2008. Thereafter, the walls that were desperate for attention received treatment and were transformed by beautiful paint! I may sound dramatic but residents and staff alike were over the moon when we finally had the funds to undertake this enormous task. William Scott Contracts are still busy with painting.

A successful application to the Lotto made further funds available for maintenance at Cuylerholme Rooms. A priority was to replace the old wardrobes used by most of the residents and we were able to replace these with built-in cupboards and dressing tables.

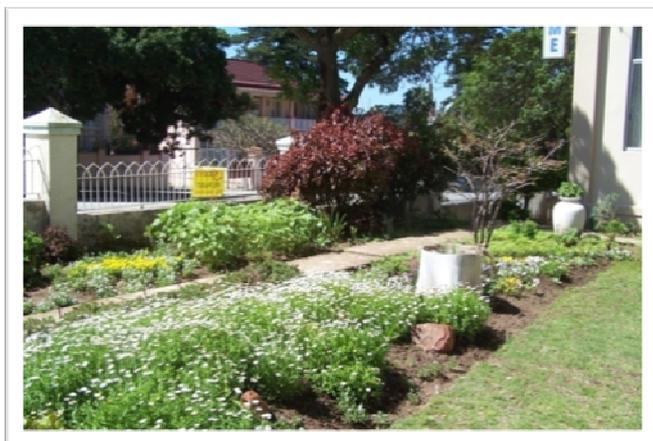
Airtek generously continues to make monthly donations towards the meals at Cuylerholme. The members of St John's Methodist Church in Havelock Street, Central provide food parcels to some residents, which is very much appreciated. The Salvation Army play an important role as a few of our residents are members of the Clyde Street division. They provide a lunch on a Saturday, once a month for all residents. This is greatly valued, as residents need to provide their own meals on Saturdays and public holidays.

The Lions Bingo, presented once a month by the Lions Club of Port Elizabeth, is a highlight for many residents who love to play and enjoy the company of the Lions volunteers. In May, the Elizabeth Lions served a wonderful lunch. The Catholic Womens League of Corpus Christi Parish donated veggies.

In April, one of the Miss PE finalists sponsored an outing to the Oceanarium. It was thoroughly enjoyed.

A group of ladies from ABSA bank collected soap and facecloths for all the residents. In August, they donated groceries to 9 residents. A wonderful initiative which was greatly appreciated.

Cathy from Warren Jack properties donated toiletries and blankets to Cuylerholme. In August, Toc-H donated groceries. Debbie from First Ave Funeral Parlour organized a donation of clothing.



**In spring, a playgroup in Central brought flowers for all the residents. Tuingenot, owned by Bas Peters, donated seedlings for the garden. This added much needed colour and beauty to our garden. They were planted by Dan (our gardener) and Maureen Weatherall-Thomas (a resident). Newton Park Primary School children donated gifts. Toc-H held a lovely Spring Tea for 10 residents.**

In October, the ladies of the Rotary Anns held a breakfast for all the residents. This was a real treat and was enjoyed by all.



Medscheme staff brought very generous grocery parcels for all the residents at Cuylerholme. Miss Port Elizabeth finalist, Chanel Strydom brought parcels for all the residents, as part of their activities for the pageant. In November, residents received gifts from Mount Pleasant Primary School, the Playschool in Central, AIG and EP Child and Youth Care Centre and Pierre Potgieter of the Patmos NG Kerk.

In December residents were wonderfully spoilt once again. They were treated to a fantastic Christmas lunch by Durr Estates. The meal was prepared by the Parks Rugby Club and was due to our connection with Miss P.E finalist, Chanel Strydom. The Elizabeth Lions served a delicious Christmas Lunch to the very appreciative residents.

Further gifts were received for Christmas from Lynne Crothall of the SA Association for Retired Persons and Pensioners, the ABSA ladies, Eberspaecher, Clinkscapes who gave gift vouchers and some other private donations. We were truly blessed to have received gifts for all the residents from the Tree of Joy, hosted by the Rotary Club of PE Sunrise. Furthermore, the Rotary-Anns gave huge bags of groceries to the residents. "Shew!" As you can see the list of generous gifts and services received is long and has truly added so much to the lives of our residents. We are so grateful to everyone who has made a contribution towards improving their quality of life. Without which, they would have gone without and would not feel as special as they do to know that some many people are interested and care about our older persons.

**Esther from Medscheme amongst the parcels they donated to both Cuylerholme Rooms and Buffelsfontein Village residents.**



**Xmas lunch at Cuylerholme Rooms**

## **SOCIAL AUXILIARY WORK**

**By Mary-Lee Arnot : Social Work Assistant**

In March 2008 a total of 90 scripts were collected from the Provincial Hospital and Walmer clinic and visits totalled 201. By March 2009 this had grown to a total of 102 scripts collected from Provincial Hospital and Walmer clinic and visits totalled 267.

Arrangements were made with the Provincial and Walmer Clinic to allow the patients who visit their doctor to hand their scripts to the Pharmacist to be processed during the day. The completed scripts are placed in the ABCA box which is collected on a Friday at the Provincial or later the same day at Walmer Clinic. Residents no longer have the three to four hour wait for their medication after seeing their doctor.

Contacts were made to assist people with cataracts and hearing problems. One of the most rewarding moments I encountered was the day I fetched a person from the hospital and heard his voice call out my name because he could see me coming. This particular gentleman had been living in a grey cloudy world for a long time, and now is able to see his surroundings. We have been able to successfully assist two other people with similar problems.

## SOCIAL WORK



ABCA sent three staff, Maureen, Natie & Lisa, to a SA Association of Homes for the Aged seminar in Port Alfred during June 2008. It is always interesting to compare notes and learn about how other housing schemes are run.

Rene & Lisa attended a local 2-day Project Management Training course sponsored by the National Welfare Forum and found it most useful. In August, ABCA staff attended a Train the Trainer workshop on the Older Persons Act. Arising from this, Lisa and Rene have run workshops on aspects of the Act to several groups in the Metro.

### The workshop held at Walmer Gqebera

In December, for the first time, ABCA had to present its Business Plans to a delegation from the Dept. of Social Development. This was done via a Power Point Presentation and our concepts on service delivery were well received by the delegation.

A SETA workshop on Effective Capacity Building for NGO's was held in March 2009 and was attended by Lisa & Rene. They reported on the benefits they received from the training and expressed appreciation for becoming aware that ABCA is advanced in terms of systems in place for service delivery, equipment and staffing.

ABCA responded to a request from NICRO to assist with community service and an offender has almost completed her 100 hours of duty within one of our service divisions.

ABCA social workers, in addition to their project manager roles, are also actively involved in individual casework with older persons. It is the cases of those who are mentally but not physically frail that present the most challenges. Lack of insight and limited resources make the task of providing assistance very difficult and each case presents its own unique issues. Lisa dealt with the case of an older couple who were both mentally frail but physically fit. Their behaviour was severely dysfunctional and resulted in an outcry from their neighbours, their landlord and the SA Police Services, They all wanted a social worker to help these people. Lisa was able to secure a vacancy for both at a Life Care facility and the older lady was admitted by her sister. The older man simply refused help despite being a real danger to himself and others. Her dilemma was that the SA Police Services would not remove him against his will unless they were provided with legislation that enabled them to assist.

As the Regulations of the Older Persons Act have not been promulgated, the Act cannot assist as yet. Lisa resorted to Section 40 of the Mental Health Act and it was then that the SAPS agreed to remove him to a place of safety as he clearly was a danger.

Mental illness is prevalent among older persons. Those who access government hospitals for medical attention are faced with months long waits to see a psychiatrist. The Psychiatric Sisters who do follow up on patients are overworked and cannot cope with the demand despite their obvious dedication. This leaves many older persons without the necessary medical attention and therapy. The psychiatric ward at Dora Nginza is unsuitable for older persons so, as a result, they are seldom admitted for treatment.

Another area the ABCA social workers often have to attend to is when they have contact with the children of older persons. The social workers find they have to inform and remind children that they have roles and responsibilities with regard to providing assistance to their parents. We need to continue with this educational role. There is an ongoing tendency for people to want to pass the responsibility over to welfare organisations.

This attitude of family members tends to be a problem in our housing schemes with the expectation that staff must fulfil the roles and duties of the family. The roles and duties of family do not change when a person moves from the broader community into our schemes. The expectations however place extra stress on ABCA staff and our resources. It is, for example, practically and financially impossible for us to provide a transport service to our 390 residents at Buffelsfontein Village. It is also not possible for us to provide an ambulance service for sick residents nor can we provide frail care considering the low rentals charged.

**TRANSPORT** ABCA staff covered a total of 75 337 kilometres in the performance of their duties. This is broken down as :

Vehicle	Start	End	Km's Travelled
1996 Golf GS *	152 789	163 654	10 865
1998 Ford Courier	168 865	177 306	8 441
2000 Citi Chico *	82 275	91 785	9 510
2002 Astra CS	116 099	140 394	24 295
2004 Mercedes 416Cdi	49 602	64 648	15 046
2007 Opel Meriva \$	18 349	19 609	1 260
2009 Nissan Grand Livina #	058	5 195	5 137
Private Cars			783
<b>ANNUAL TOTAL</b>			<b>75 337</b>

\* Sold February 2009

# Bought January 2009

\$ Bought February 2009

## OTHER REPORTS AND IMPORTANT INFORMATION

**BARGAINS UNLIMITED** is a charity shop selling mostly 2<sup>nd</sup> hand donated items as a fundraising venture for ABCA. You can visit the shop or drop donations off at Shop 4 Glenchree, 47 Havelock Street, Central Hill. Tel 041 585 4489 / 041 373 8793

The Bargains Unlimited Special Trust Fund opened the year with funds of R219 741. Sales of donated goods and interest on investments generated profit of R57 744 and so, at year end, the fund now has R277 485. ABCA can apply for access to these funds for special projects as selected by Mrs Percival and her dedicated team of volunteers.

Mrs Bobby Percival remains at the helm despite her instructions that ABCA find a replacement for her. It appears as if she may be irreplaceable. The shop needs a dedicated volunteer to manage it and any interested person is encouraged to contact the CEO or Mrs Percival in this regard.

### SHOPPING HOURS

**Tuesdays to Thursdays : 09h30 to 14h00**

**Fridays : 09h30 to 16h00**

**Saturdays : 10h00 to 12h00**

Thank you to all involved in the shop, including supporters and donors but especially Mrs Percival and her team for working towards realising our objectives.