



April to June 2021

P.O. Box 22023  
Mayor's Walk  
3208  
T: +27 33 344 1560  
Cell: +27 82 699 9105

## From the desk of the CEO: Warren

March is a month, where there are a number of special days, all of which attract attention in one form or another from Non-profits such as ourselves.

I thought I would try and write an article in which I would try and address as many of these special days as possible.

The whole month of March is dedicated to TB awareness and its eradication with a special TB awareness day commemorated on 24 March. Together with TB we commemorate Human Rights Day (21 March) and World Social Work Day (26 March). There are a number of other significant days to commemorate as well. However, let's focus on these for now.



Msunduzi Hospice has had a small TB programme for a number of years. Between 2015-2018 this was significantly expanded with the assistance of HPCA and funding from USAID. A programme was introduced in support of the

Department of Health to encourage adherence to TB treatment, in particular Multi-Drug Resistant TB(MDR-TB). This adherence support was combined with the principles of Palliative Care which showed that Palliative Care can have an impact on people with TB. Support, encouragement, and good Home Based Care can lead to greater adherence and can encourage people to be tested and as a result to commence treatment where necessary.

TB, like many other illness, can have a debilitating impact on the lives of individuals and their families. There is a certain amount of stigma associated with TB. This is evident amongst our own staff and volunteers, where TB screening is an annual practice and the resistance to this is rather remarkable. Stigma can often lead to tensions within the community, possible impact on ability to work and simply feeling vulnerable. This vulnerability is so important to address. Illness can and does have an impact on our rights as

individuals and so it is with this in mind that we also mention Human Rights Day.

This is a day where we remember the violent destruction of the human rights of many individuals and communities, but continue to be aware of the impact that ill health has on these rights as well. We have a right to good, comprehensive health care that should include Palliative Care. We have a right to be free from pain and suffering caused by our illness and Palliative Care addresses this by advocating and providing for effective pain control. In everything that we, as Msunduzi Hospice do, we aim to help patients and their families through specialised care to live and die well. We may not be able to address all the gaps that our patients experience, but we do what we can with the resources available to us.



Figure 1: Zama, Pretty, Letitia - Hospice social workers

One of these resources is the skill and ability of our team of social workers. This month we also commemorate World Social Work day. The theme this year is "Ubuntu – I am, because we are". The impact that social workers make on our patients is massive. This work is supported by the care provided by the nurses and care givers. Social workers are able, in complicated contexts, to help patients and their families to chart a way through their illness to wellness. Wellness is not necessarily about getting better. Wellness is about a holistic understanding and relationship with yourself as a person, family, community who has a particular diagnosis. This wellness is also a human right, and something we are all entitled to.

## Sheila, our Palliative Care Manager writes:

Breathlessness is the hallmark symptom of Covid - 19 which can be very frightening and distressing. To

alleviate the anxiety associated with breathlessness we re-learn how to tummy breath, by resting a hand on your tummy and you breathe in gently to feel your tummy rise, then breathe out slowly. The second wave has left many people with different forms of anxiety. Our care team has not been spared from these anxieties.

In our November issue I wrote about resilience and how we have applied it in order to overcome challenges that we face. I liken tummy breathing to providing Palliative Care during the pandemic. As you become comfortable with tummy breathing, your breathing becomes deeper, which is more efficient. The care team has become more efficient in providing quality care during this challenging time.

We have lost a few patients to Covid-19 in January 2021 and this has left families in a state of fear and anxiety. During this most difficult phase of families lives our psychosocial team provided families with emotional security, by being present and also providing telephonic support.

Although we enter into another year veiled in uncertainty, we are confident that we have what it takes to continue to provide holistic Palliative Care to our community, and provide support during difficult and sensitive times.

As we pause and breathe, may we remain flexible to change, understand the virus of this pandemic, wear our masks, wash our hands, and vaccinate.

## **Children's care: Letitia**

The pandemic has had a detrimental impact on the entire Children's programme however the Memory work aspect continues to run effectively. Since February there has been an influx of referrals to the Memory workers as children are experiencing extensive loss due to the pandemic. This has forced the Memory workers and social workers to go beyond the call of duty and their scope of practice to ensure that children are not the forgotten mourners. There has also been an influx of referrals in the Outreach team with children who are diagnosed with a life threatening/limiting illness.

The Zoe Life training has enamoured the Memory workers to deal with children who have issues with disclosure of their status, accepting this and dealing with the stigma associated with the diagnosis. Carers and or guardians of these child patients feel more equipped to cope with the care of their children/grandchildren. The Memory workers have given positive feedback regarding the change noticed with families where the aforementioned issues are prevalent.

The Reach for a Dream programme has re-

established contact with Hospice. The programme endeavours to assist "dreamers" - children who are at the end stage of their life threatening illness, to realise their dreams before they die. This initiative is sorely needed in our communities where single parents are battling to come to terms with the prospect of their child's impending death. It provides some relief for the parent who is unable to realise their child's dying wish.

In closing, Hospice has ensured that the Memory work programme continues despite the challenges faced due to the pandemic and will ensure that all affected children receive the optimal care necessary to enhance their day to day functioning.

## **Fundraising during the pandemic: Vijaya**

At our February staff meeting, I needed to give the staff some Income Generation feedback. I started by saying 2020 was a horrific year and I don't want to talk about it. But then I changed my mind, because I realised, we did brilliantly, we got through the year and we have grown and we are stronger for it. I will focus on the fact that as an organisation our Income was 20% more than we budgeted for, and that sentence just proves how much we have to be thankful for. Thank you for helping us not just survive but thrive.

Fundraiser, events co-ordinator, social media fundi/communications person, relieve at the shop's person, help the CEO with video story telling person and all other income generation activities person. Yes, we do put a lot on Tanya's plate, we are so grateful for a humble young lady who works as a team player to help everyone reach their goals. Tanya will keep you updated on happenings and events via email, WhatsApp or SMS, please let her know your preference on [fundraiser@hospicekzn.co.za](mailto:fundraiser@hospicekzn.co.za) or 082 6999 105.

Our Charity shops have had a great start to the year, thank you so very much for dropping off all your pre-loved items with Michelle at our Depot. Remember whether you are donating a pair of 18 karat gold earrings, your old 18-piece dinner set or your 18-year old's clothes, every item ensures that we continue to provide free Palliative Care to our patients. Michelle read an article recently that said Woolworths has seen an increase in the sales of gym clothes and casual wear, so please can we ask you to donate some gym clothes and casual wear and we will let you know if it is a trend.

Another project that Msunduzi Hospice is involved in the the Litres for Education Campaign. Litres for Education is a **South African fundraising campaign** that enables people to support Non-Profit organisations such as Msunduzi Hospice

Association whenever they fill up their vehicle at a participating service station. For every litre of fuel you purchase, that service station will donate 10c to your selected beneficiary.

**How do you join?:** It's quick and easy to join, simply follow these steps:

- Collect a Litres for Education Donor Disc from Msunduzi Hospice Association and display it in your vehicle or simply remember the unique code for Msunduzi Hospice #650.
- Fill up your vehicle at one of the participating service stations. (The closest participating service stations to the Msunduzi Hospice Association are:
  - BP Raisthorpe, PMB;
  - Engine Boshoff Street, PMB;
  - Engen Basil Bure Motors, PMB;
  - BP Quarry Road, Hilton;
- Give the Attendant Msunduzi Hospices' unique Beneficiary Reference number (#650) to record in their Litres for Education Register. (There is no need to provide any of your personal details so it is always safe and hassle-free!)

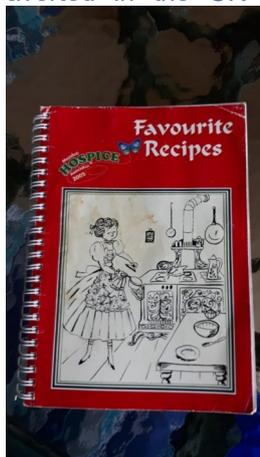


Figure 2: Thanking our volunteers

Please look out for our volunteer poster and our Hospice Hero's poster in this newsletter.

## Hospice favourite recipes goes global: Judy

A serious crisis of a culinary nature was narrowly averted in the UK recently when Susie Norton discovered that a page of her well used recipe book had stayed behind in Ghana when they relocated to England. That lost page contained the milk tart recipe. Now how does a South African girl impress her English guests if she can't serve them milk tart? So, Susie put out a SOS on her cousins WhatsApp group and she got an almost instantaneous response from Edinburgh in Scotland, Perth in Australia, Sacramento in



California and Banbury in England. The cousins came to Susie's rescue and the Pommies were able to tuck into milk tart.

It turns out that Judy and James' children and their nieces and nephews all seem to have a copy of the Hospice Favourite Recipes, given to them as presents when the first edition came out all those years ago, in 2005. In Australia Charles and Dee-Anne's favourites are the chicken broccoli, lemon loaf & lemon meringue pie, in the UK Sean and Lucy use it for all the delicious hot puddings, in Scotland Mary also turns out milk tarts and in the United States Adrian and Justine use it for all their favourite South African dishes.

What a compliment it is to three of our volunteers Wendy Milton, Wendy Morrison and Anndora Twigg who were the driving force behind the development and publication of this recipe book. Well done ladies, your legacy lives on and has gone global.

So next time you are looking for the perfect gift visit the Msunduzi Hospice for their famous and valued recipe book.

**Editors note – We are currently out of stock of the recipe books. However, more have been ordered and will be with us shortly. Please follow our Facebook page to see when these will be available again.**



## Training

Spreading the word about Palliative Care and continuing to advocate for patients remains one of our goals. This is achieved through the courses we have on offer.

Courses are available on request, if a group of ten participants can be arranged. Training will held at Msunduzi Hospice with all COVID-19 protocols observed.

These courses include the following:

- Introduction to Palliative Care for Professionals.
- Introduction to Palliative Care for

- Caregivers
- Grief and Bereavement Workshop
- Children and Grief Workshop
- Basic Counselling Course
- Basic Hospice Course

Our Home Based Care course for community members is one of our popular courses, this course equips participants with basic knowledge and skills on how to provide care for someone at home. Contact Winnie on 060 717 3949

For any queries on training please contact Sheila de Maroussem on 033-3441560  
[pcmanager@hospicekzn.co.za](mailto:pcmanager@hospicekzn.co.za)



## Memory work: Pretty

Our Memory Workers at Msunduzi Hospice Association provides pre-death counselling by preparing the child for the passing of their loved one. Also, there is post death counselling, this is when a loved has passed away and our Memory Workers helps the child to deal with his/her feelings of loss and all the unfinished business. Memory Workers helps the child to change behaviour e.g., aggressiveness etc., to gain self-esteem, trust in himself/ herself and to be able to concentrate and focus. It helps the Memory Workers to get to know the family background and extended people in their life.

In 2020 all the group healing sessions were cancelled due to Covid 19 lockdown, but Hospice ensured all the children received their Christmas gifts. These were distributed to the children in December. Those children who completed their Memory Work Books, their files were closed in January 2021.

Memory Workers only keep files of children whose Memory Work books are not finished and then they receive new referrals from the Social Worker. The healing and group sessions will only continue once the vaccination has been rolled out.

## Preparing a child for the death of his mother

Our Memory Worker received a referral from the Social Worker about a family and a joint visit was done for the introduction of the programme to the family. Along the way as the Memory Worker was doing the pre-death counselling, we discovered that Patty was very sick. As time progressed on doing the Memory book with Patrick (16) the son of patient, he became very worried that his mother would die. Patrick was afraid that no one would be able to replace her role in his life. The mother had severe pain and Patrick was at home, providing the support and collecting his mother's medication from the clinic. Patrick, reported to the Memory Worker that he was not coping with the situation. The Memory Worker arranged to meet him once a week at home during lockdown and while the schools were closed. The healing sessions were all done with the child at home according to the healing session programme e.g. The river of life, the children rights, the memory worker assisting in drawing, the important people in life, collage, family tree etc. After the sessions were completed, Patrick indicated that he felt relieved and was more at peace concerning his mother's illness. Patrick's Mom died in August 2020 and he was able to pray for his mother to rest in peace. Patrick now lives with his grandmother and continues to participate in some of the Memory work activities.

## Contact details:

For membership inquires, please contact Sonya on [reception@hospicekzn.co.za](mailto:reception@hospicekzn.co.za)  
 To join our e-mailing list or for more information on our events for 2021, please contact Tanya on [fundraising@hospicekzn.co.za](mailto:fundraising@hospicekzn.co.za)  
 For care related matters, please contact Sheila on [pcmanager@hospicekzn.co.za](mailto:pcmanager@hospicekzn.co.za)

<https://www.facebook.com/MsunduziHospice>

[https://www.youtube.com/channel/UCd6aLZU5cisztych\\_LL-ZpA](https://www.youtube.com/channel/UCd6aLZU5cisztych_LL-ZpA)

**Msunduzi HOSPICE Association**  
 (A member of the Hospice Association of KwaZulu-Natal)  
 A registered Welfare Organisation - 007-935 NPO

**Hospice Care**

**JOIN THE HOSPICE HEROES MOVEMENT & HELP US CONTINUE OUR CARE**

A lack of funds will affect our ability to continue specialised, palliative care to our patients with a life limiting and/or life threatening illness

**WE APPEAL TO YOU FOR YOUR SUPPORT:**  
 Please make a donation regardless of the amount to our cause. Even the smallest amount can help a family in need of Hospice Care

**Bank Details:**  
 Nedbank  
 Account No: 134 028 5053  
 Branch Code: 198765  
 Current Account  
 Ref: **Name + Hospice Hero**

**WE CARE BECAUSE YOU MATTER**