

VISION

Palliative Care for all

MISSION STATEMENT

Leratong Hospice a palliative care centre of excellence providing holistic palliative care for patients and support for their families and actively promoting palliative care.

In the community
For the community
By the community



Leratong Hospice
026-226-NPO

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LERATONG HOSPICE

026-226-NPO

ANNUAL REPORT 2010



"The place of LOVE"

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Leratong Outreach Medical Vehicles

The bank accounts to which contributions may be made and will be gratefully received are:

In South African Rand

Leratong Hospice
A/c No: 410036188
Standard Bank
De Handelspst, Melodie
Hartbeespoort
Bank No: 01 34 45
Swift Code: SB ZAZA JJ

In EURO:

Leratong Hospice
A/c No: 77360960
Bank of Ireland
2 College Green
Dublin 2
Bank No: 90-00-17

In Pound Sterling:

Friends of Leratong
Hospice
A/c No: 12779453
Bank Of Ireland
High St, Belfast
Bank No: 90-21-27

FOREWORD



Helen Williams

Shortly after arriving in South Africa, by way of Lesotho, I happened to meet Fr Kieran Creagh through a mutual friend who was working at the Embassy of Ireland. He was then Parish Priest at St George's Parish in Saulsville and through his work in the community was convinced of the need for a hospice that would serve Atteridgeville and its surrounds. But he recognised that establishing a hospice was an undertaking that could not be accomplished without the support of a team. Anyone who has met Kieran knows how persuasive he can be and so a group of nervous but willing people came together in 2000 and this group ultimately became the founding board members of Leratong. I was one of those persuaded to help in the start-up and establishment of the hospice and from nervous beginnings stayed involved as a Board member until I left South Africa for Namibia in late 2010.

When I think back to those early days my mind is a jumble of site plans, building plans, budgets, funding worries, escalating costs, and eventually the start of a daunting building project. It is fair to say that along the way things didn't always go according to plan but what project does? Problems and obstacles will always emerge and as a team we learned to try not to panic (too much) and to deal with them. Of course my confidence is born of hindsight and there were definitely some experiences (escalating building costs come to mind) that I wouldn't like to go through again!

In the early days the team was perhaps a little embarrassed to describe ourselves as a Board, that seemed too sophisticated a description for our humble efforts. But as the project developed and our plans crystallised that is what we truly became. Over the years we met at various locations (St George's, The Little Company of Mary Hospital, Jackie's offices, my house, Cafe 41) in the evenings, on Saturdays and sometimes even on public holidays. We talked, we argued, we developed strategic and operational plans, we wrote reports, we put together what seemed like an endless number of funding proposals and sometimes we despaired a little, but we sustained ourselves with the help of the many friends who pitched in to offer advice or to help with the ever increasing list of jobs that just somehow had to be done. There is no doubt that the numerous pots of tea, coffee and plates of sandwiches were also pivotal to our step by step progress.

Being a Board member was of course a continually challenging experience but as I soon realised, it was also an enormous privilege. To be given the opportunity to help in such a ground breaking and worthwhile project does not often come one's way but if and when it does, the only thing to do is to set aside inner fears, get involved and do one's best.

There are many good memories of worries shared, friendships made and accomplishments achieved. The day our hospice opened and our first patients arrived were and will always be special memories in every way. We had come through the first hurdle and now the real work of the hospice could commence and its wonderful purpose could be realised. Under



FOREWORD CONTINUED

the leadership of Fr Kieran, with the help of funders in South Africa and abroad, the support of the Board, the wisdom and experience of the Matron, Remigia Tloubatla and the dedication of the wonderful staff, it is indeed gratifying that the hospice has become acknowledged as exemplary for the care and comfort that is provided to all its patients and their families. To everyone involved with the Hospice, past and present, thank you.

The recognition of the need for palliative care is growing in South Africa and Leratong is well placed to both lead and guide emerging hospices and to continue its own vital work, long into the future.

It was indeed a privilege to have been Board member and **I hope to always be a friend of Leratong.**

Ms. Helen Williams



Leratong Hospice

LERATONG BOARD LIST

Mrs. Jackie Hlakudi
Mrs. Remigia Tloubatla
Ms. Managa Pillay
Mr. Rudolf Mastenbroek
Mr. Brian Aldworth
Mr. Thabo Letageng
Fr. Kieran Creagh CP
Dr. Sello Malatji
Ms. Mary-Jane Morifi

Chairperson
Deputy Chair
Secretary
Treasurer
Member
Member
Member
Member
Member

CHAIRPERSON'S LETTER



Mrs. Jackie Hlakudi

Dear friends & colleagues,

It is a well-documented fact that 2010 has been especially challenging financially for many Non Profit Organizations throughout our country and unfortunately Leratong Hospice has not been an exception. Difficult decisions had to be made to sustain and develop our services whilst maintaining Leratong's high quality of work.

However with the commitment of staff and management team we have been able to realise a fully-fledged conference centre plus we successfully went through a gruelling process of retaining our COHSASA Accreditation - once again testament that we are confident of our ability to provide services for the future and we have the requisite skills and willingness to adapt to the changes thrust upon us.

Each day as we open our doors to welcome patients and their families, it is our deepest intent that they experience from us, the true meaning of Palliative Care and that we live up to our name to make Leratong truly a "place of love" by remaining relevant in our services to the needs of the community we serve.

It gives me the greatest pleasure to present this annual report for 2010 and we hope it will give you insight into the diverse range of our service as well as paint a picture for you of the things we do here at Leratong.

Finally, I would like to personally thank the Donors, Staff, Volunteers, and Board Members for all of their hard work and dedication to Leratong this year. There would certainly be no Leratong without them!

"We won't always know whose lives we touched and made better for our having cared, because actions sometimes have unforeseen ramifications. What's important is that you do care and you act." -Charlotte Lunsford

Warmest regards,

Jackie Hlakudi: Chairperson

MEDICATION IN PALLIATIVE CARE

With palliative care, special health care is given to patients with the aim to prevent and relieve suffering during different stages of a life-limiting or life-threatening illness such as cancer and HIV and AIDS.

Palliative medicines are those medicines that relieve distressing symptoms without having a curative effect on the patient's underlying illness. The aim of using palliative medicine is always to provide a safe way to alleviate the total suffering, optimize the patient's comfort and to give him/her a better quality of life. Medication is the foundation of the control of most, however not all of the symptoms in palliative care and is therefore used in combination with curative medication as well as other therapies.



Hannelie Meyer

It has been a privilege for me to assist Leratong Hospice with the management of their medicines over the past years. As pharmacists we have an important role to play in palliative medicines. Palliative care patients usually require large quantities of controlled medicines and the pharmacist needs to ensure compliance with laws and regulations pertaining to the medication.

We are also responsible for the safe storage of medicines at the required temperatures to maintain its safety and efficacy. As a pharmacist I also need to ensure the safe and legal disposal of all medications where it is not being used by patients any longer, or in the case where medicines have expired. Once medicines are dispensed to a patient, they cannot be used for other patients. Therefore, all medicines remaining in patients' homes need to be returned to the pharmacist for safe disposal.

With palliative medicine it is essential for the interdisciplinary team to work together on a collective plan of care to relieve the suffering in all areas of the patient's life. At Leratong input is given by the doctor, nurse, pharmacist, social worker, spiritual leader and the patient's family. The dedication of the Leratong family in this regard has been a real inspiration and blessing to me! This is in our plan to let our Bachelor of pharmacy students, like Medunsa Medical Students experience palliative care in Leratong Hospice.

Dr Hannelie Meyer (Pharmacist)

THE YEAR IN REVIEW: LERATONG HOSPICE ACHIEVEMENTS



Patients

We had the good fortune of receiving a big consignment of gym equipment from Virgin Active as a donation to open a gymnasium for the patients and staff. This enables enhancement of some of the patient's physical and psychological well-being besides contributing to the staff wellness programme.



Gym



Conference

Due to funding from National Lottery Distribution Trust Fund we were able to convert our basement underneath the male ward into a mini conference centre. We now have a facility to host workshops, small conferences and local meetings. This is a great advert for us and the local community.

The relationship with African Health Placement afforded us the opportunity of having Dr. Odiri Eneje from London, England to experience palliative care in Leratong Hospice for two weeks before she was posted to a primary health care in the rural area of QwaQwa in Free State Province. She became an asset and a good friend to staff in Leratong Hospice especially as she celebrated the Christmas with us.



Dr. Odiri Eneje



Leratong Staff

On the 1st July 2010 Leratong Hospice celebrated its 6th birthday. Our success over these six years is mainly due to the great dedication of our Management and Staff.

THE YEAR IN REVIEW: LERATONG HOSPICE ACHIEVEMENTS

This year Atteridgeville experienced a lot of power failures, this course a great difficulties for us, as we provide a 24 hour essential service. To keep our patient cared for to the highest standard of care, it is essential to have power 24 hours a day. Therefore we had to purchase a generator. Now there is no stopping us.



Generator



Retired Nurses

The final retirement of two of Leratong Big six and other staff members, an enrolled nurse and Auxiliary nurse who diligently helped to establish the hospice to be a centre of excellence in palliative care, was a much needed rest for them, but a sad loss to the hospice. To maintain its vision of "Quality palliative care for all" we need the same type of dedicated young personnel to carry the hospice in the future, they have laid a foundation.

Yet again this Christmas, Fortunato and Els from Ritrovo Restaurant, treated our staff to a lavish meal and great night entertainment. Thank you Fortunato and Els for topping of our staff wellness programme.



Ritrovo



Pretoria University Students

The Training of third year Medical Students from the Limpopo Medical University (Medunsa Campus) is still ongoing as reported in the foreword by Margaret Hugo, Senior Lecturer, Medunsa University. We have also been approached by Pretoria University Medical Faculty to get involved in training their fourth year medical students in 2011. This is part of our goal, as stated in our mission statement, of actively promoting palliative care.



TRIBUTE TO JEMMA "BASETSANA" O'SULLIVAN

In mid June 2009 Jemma O'Sullivan, a Student from Ireland, came to South Africa to render voluntary service. She volunteered her service in Tshepong Pre-School working with children from the local community also assisted in painting the murals in the crèche. She had a warm relationship with children and their parents.

When the pre-school was closed for winter holidays she then came next door to Leratong Hospice where she assisted nurses with the medication management as she was a pharmaceutical student, working hand in hand with the registered nurses.

She then moved from assisting in the medical room to assist in the reception area of Leratong Hospice, where she then was given a name 'Basetsana' an endearment name for a cute, lovely little girl. Jemma with her warm personality and her generous spirit made good friends in Leratong.

Sadly Jemma "Basetsana" O'Sullivan was killed in a tragic accident in 2010, may her Soul Rest In Peace. The time and memories shared with her in Leratong will be forever cherished.



Jemma



SUMMARY OF INCOME AND EXPENDITURE

1st January 2010 to 31st December 2010

Description	2010
Donations	988, 677
FPD Income	167, 400
Interest received	116, 491
Revenue	<u><u>1, 272, 568</u></u>

Operating Expenses

Accounting fees	23, 595
Administration and Management fees	68, 200
Auditors remuneration	-
Bank charges	23, 188
Computer expenses	2, 796
Consulting fee	415
Counselling wellness for staff	2, 223
Depreciation, amortisation and impairments	152, 265
Donations	5, 684
Employees costs	1, 586, 390
Insurance	31, 214
Motor vehicle expenses	64, 999
New centre cost	45, 086
Printing and stationery	21, 444
Provision and Groceries	242, 725
Publication and periodicals	15, 450
Repairs and maintenance	55, 219
Security	163, 445
Software expenses	10, 949
Telephone and fax	69, 351
Training	21, 711
Travel	11, 663
Utilities	207, 828
	<u><u>2, 825, 840</u></u>
Loss for the period	1, 553, 272



DONORS AND SUPPORTERS

Leratong Hospice would like to acknowledge the following for their greatly and much appreciated support:

- First National Bank (First Rand Foundation)
- National Lottery Distribution Trust Fund
- Mechem
- The Gauteng Department of Health
- PEPFAR / HPCA
- Mr. Mike Rogers (Anglo Platinum)
- Makro (Centurion)
- Millennium Construction
- Family members of our patients
- Michael Gonsalves (Broederstroom Butchery) who has supplied us with the best South African meat for the past 6 years.
- Moira Becker (Dipalesa) for making our patients lockers and hospice colorful and fresh with her beautiful flowers every week.
- Ma Hlophle and Ma Masubelele whose regular donation of fruits and vegetables keep us all healthier.
- The Sittig Family (Sittigs Nursery) for our landscaping and maintaining it so beautifully.
- Mr. and Mrs. Ledwaba (Funeral Parlour) forever looking after our undertaking with efficiency dignity and respect.
- Fortunato and Els (Ritrovo Ristorante) for giving us our best night out. Food and wines of the best and Christmas entertainment.
- Tania and Esme for helping with our web page and graphic design for this annual.
- Tony Feirera (Big Save) for being a monthly Big donor.
- Gideon and Lisa Zefferit for keeping our furniture refreshed.
- Loodjie Van Dyk (SINVAC Plastics) supplying the hospice with custom made patient bath, water tanks to make sure we save and use water sparingly and their continuous support to the Hospice.
- Garratt Mbuyisa Neal Inc our Pro Bono Lawyers.
- BDO Spencer Steward our Pro Bono Auditors.
- Woolworths for the great supply of groceries.
- Sun-bake for our daily bread.
- Virgin Active for our Gym to keep us fit.
- The Super Bake & Take (Laudium)
- Gustav Prackelt
- Local churches

ACKNOWLEDGEMENT OF OUR SUPPORTERS IN IRELAND

Paul Creagh has headed up the Friends of Leratong Trust for five years. He and his dedicated Trustees have successfully run many fund raising events and contributed enormously to the running of our hospice.

The Apostolic Workers of Down and Conor and all those who give regularly are of enormous assistance to our work.

Mrs. Mary Kavanagh Chandler and her team in Donegal.
Bridie Brown from Holy Cross never forgets us.

