

HILLCREST AIDS

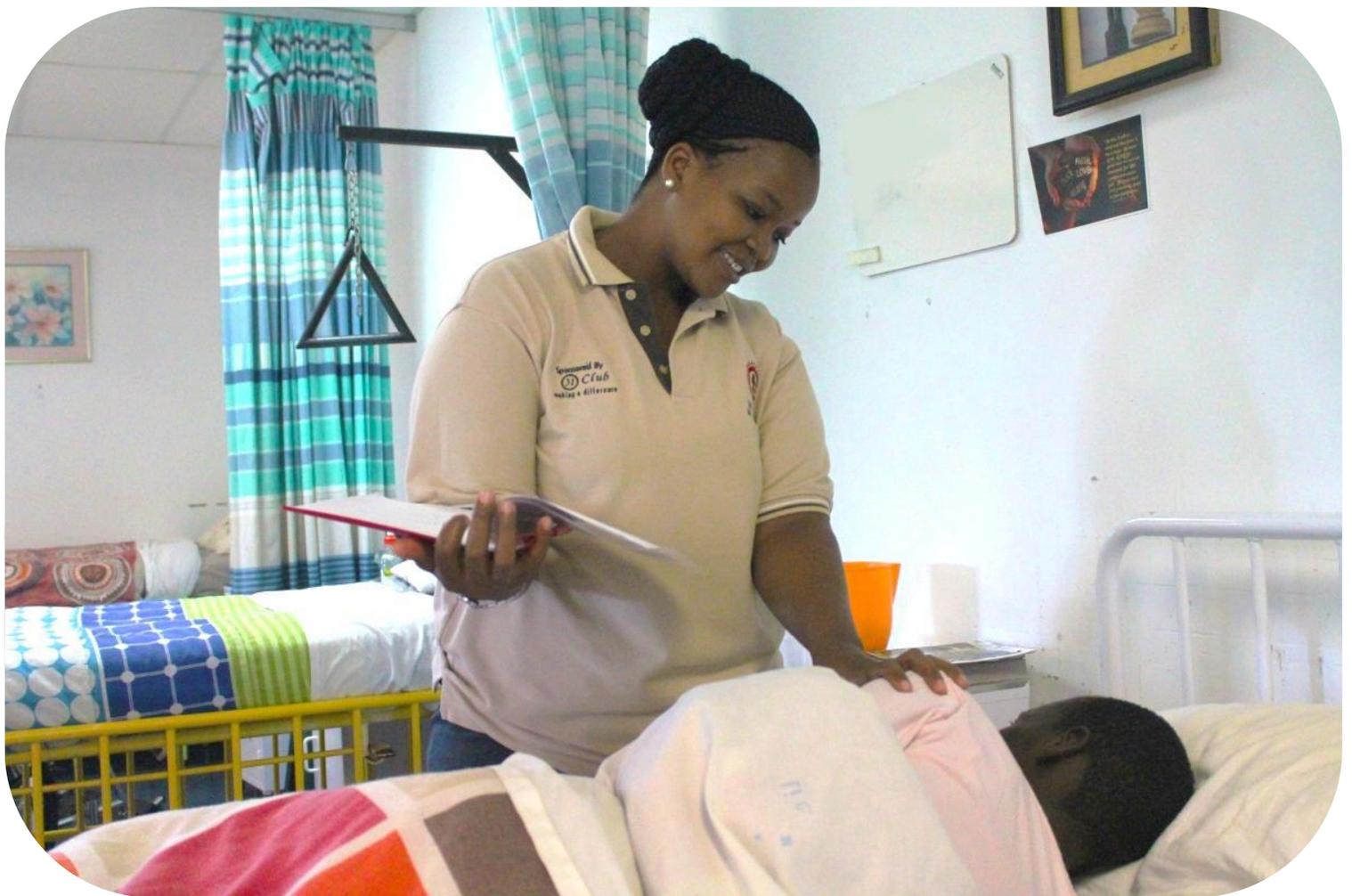
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CENTRE TRUST

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HELP CREATE HOPE AND ADOPT-A-BED



*Providing a second chance at life for patients in
our 'Place of Love' Othandweni Respite Unit*

Proposal Summary

The Hillcrest AIDS Centre Trust is a non-profit organisation that provides unconditional love and hope to HIV/AIDS impacted communities in the Valley of 1000 Hills region of KwaZulu-Natal through interventions addressing prevention, care, community empowerment and income generation.

Our ultimate goal is to improve the quality of life and the health outcomes of people living with HIV/AIDS, and to support those most impacted by the HIV pandemic – orphaned children and grandmothers caring for them.

Our 'Othandweni' (place of love) 24-bed Respite Unit provides care in a 'home away from home' setting in which people with advanced stages of AIDS are given the chance to regain their health or pass away in an environment of acceptance and love. It is the only such facility in our region.

We are appealing to local businesses, churches and families to 'adopt a bed' in the Respite Unit, by making a monthly contribution or a once-off annual payment towards the running costs of the Unit. There are 24 beds in the Unit and at present only 5 of them have sponsors. Our vision is that by the end of 2015 we would have all 24 beds sponsored in order to ensure the long-term sustainability of the Unit – the only one of its kind in our region.

ITEM	COST
Adopt a Bed per month	R 6000.00 per month for one year
Adopt a Bed for one year (once off donation)	R 72 000.00 once off
Partial Adoption of a bed per month	R100 or more per month
Once off donation towards to the Respite Unit	At donor discretion

Your support will make a very real positive difference to the lives of our patients and their families. We want to reach people at a treatable stage of their illness to improve the chance of rehabilitation and extend lives. We also need to look after patients requiring end-stage palliative care to the best of our abilities with love and dignity. By ensuring each bed is fully funded, our patients can rest assured that this is possible.

We are a registered non-profit organisation and can provide Section 18A tax certificates and level 4 (100%) Broad Based Black Economic Empowerment certificates, and points for any donations made. In addition to mentions in our publicity materials, we can secure print and online media coverage for our partners. Furthermore, we can offer on-site staff HIV education and testing, and workplace volunteer days to encourage staff involvement and satisfaction.

This is an opportunity to make a tangible difference to our community and to quite literally save lives and give people a second chance. We hope you will join us on this journey!



Who we are

We are a registered, tax-exempt Non-Profit Organisation and Trust which has been in operation since 1990, after being founded as a ministry of the Hillcrest Methodist Church.

Situated in the accessible and central town of Hillcrest, the Centre serves several poverty-torn and previously disadvantaged communities in the Valley of 1000 Hills region in KwaZulu- Natal, South Africa – one of the epicentres of the world's HIV pandemic with estimated HIV-infection rates of up to 40-60% of the population in some communities. The communities we serve are semi-rural Zulu communities, with a population of close to one million across the several communities we work in.



Our **mission** is to provide unconditional love and hope to HIV/AIDS impacted communities in the Valley of 1000 Hills region of KwaZulu Natal through interventions addressing prevention, care, community empowerment and income generation. Our **vision** is an AIDS free Valley of 1000 Hills, and all our projects work towards this dream.

Our **team** is made up of 116 paid or stipend staff members, 95 percent of whom come from the communities we serve and many of whom are impacted by HIV/AIDS. We are also served by 50 unpaid volunteers. We are governed by a voluntary Board of Trustees who bring expertise and wisdom from the medical, legal, business, community development and HIV/AIDS sectors.

Our organisational **objectives** include:

- To comprehensively assess the health status and social situation of everyone who approaches us for help.
- To provide holistic, individualised care for people living with HIV/AIDS including HIV voluntary counselling and testing, CD4 counts (immune system test), general health checks, ARV readiness training, home-based care, and inpatient respite and palliative care.
- To empower people living with HIV/AIDS to become financially self-sustaining and therefore to adhere to their ARV medication for life through income-generation and poverty-alleviation initiatives.
- To provide relevant and inspirational education programmes about HIV/AIDS to help prevent new infections and keep people living with HIV healthy as long as possible, thereby delaying the onset of AIDS.
- To care for and empower those most impacted by the HIV/AIDS pandemic – namely orphaned and vulnerable children and grandmothers.
- Through all of the above, to provide unconditional love, hope, respect and dignity abundantly.

Our organisational **values** are:

- **Passion:** to serve with passion, energy and commitment, always acknowledging the privilege it is to be helping others.
- **Faith:** seeking to do as Jesus would do: “A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.” John 13: 34-35 (NIV).
- **Integrity:** the message and the messenger must be the same, we must practice what we preach and be honest in all things.
- **Ubuntu:** ‘I am because you are’ – being community-driven and constantly aware that our actions impact on those around us, and that the sum is always better than the parts.
- **Empowerment:** helping people to take ownership over their lives.

What we do

Our projects focus on four different areas: Prevention, Care, Community Empowerment and Income Generation. All our projects work together to provide a holistic response to the HIV/AIDS epidemic and related issues.

The need is great - a total of 6.4 million South Africans are HIV positive, and the latest research shows that in KwaZulu-Natal, 16.9% of the population is living with HIV - the highest level of prevalence in South Africa. We estimate that in the semi-rural communities we serve, the percentage of people living with HIV is in the vicinity of 40 to 60%.

Along with high HIV infection rates, the Valley of 1000 Hills region has high rates of unemployment, high rates of children dropping out of school, teenage pregnancy, drug and alcohol abuse, and crime. In addition, the majority of children are raised by single mothers, with the marriage rate very low due to the unaffordability of 'labola' (bride price). Due to the impact of HIV/AIDS, many children have been orphaned (4 million nationally) and are cared for by their grandmothers, or live in a child-headed household, or have been taken in by relatives or a children's home (orphanage).

Our programmes seek to address these challenges and provide sustainable solutions. Further information about our programmes can also be found on our website: www.hillcrestaids.org.za.

Our Respite Unit

The Othandweni ('Place of love' in isiZulu) Respite Unit was opened in 2006. It offers palliative and respite care, housing 24 patients, seven days a week for 365 days a year. The majority of patients are bed-ridden due to advanced stages of AIDS and opportunistic infections such as meningitis, TB and pneumonia. We also accept palliative cancer patients. The Respite Unit is the only such Unit in our region to provide end-stage palliative care for impoverished AIDS patients.



By **Adopting a Bed**, your funding will make all we do at the Respite Unit possible long into the future.

Our on-site carers and nurses provide love and care to all patients admitted to the unit, giving them bed baths, helping them take their medication, reading to them, dressing wounds, feeding them, and providing one-on-one passive exercise sessions.

Two doctors volunteer their time to see patients, advise our nurses and carers on the best care plans for patients, and complete the paperwork needed for patients to claim disability grants for at least six months post-discharge. This dramatically increases their chances of making a full recovery, by allowing the time to rest and recover rather than pushing on back to work before they are ready. We also offer

group movement classes twice a week, run by a volunteer physiotherapist, which help patients build their strength in readiness for discharge.

Volunteer pastoral workers conduct twice weekly bible studies in the Unit, take the mobile patients to church every Sunday, and conduct one-on-one prayer and Christian counselling to patients when requested.

Three nutritious, delicious meals are cooked each day by our in-house cooks, and all medication is provided – except for ARVs and TB medication which are provided by the local Government Clinics. Our Patient Advocate drives the patients to their clinic appointments and waits with them, ensuring they are moved to the front of the long queues if they are not well enough to wait in line.

- Approximately 70% of patients recover and are discharged – having a second chance at life
- The other 30% of our patients pass away with dignity and respect
- More than 150 patients are admitted to the Respite Unit annually

Palliative care and our memory wall

For the patients who do pass away in the Respite Unit, we must give thanks for the fact that they died with dignity and respect, surrounded by care givers who loved and accepted them. Each of their names is painted on a beautifully decorated tile on our memory wall. We remember them every day and pray that in the years to come the number of AIDS-related deaths will become less and less thanks to prevention messaging, early diagnosis, treatment and a decrease in stigma.

How you can make a difference

We invite you to partner with us by adopting a bed in the Othandweni Respite Unit. It is this financial commitment that enables us to focus on our core work, that of caring for our patients, secure in the knowledge that we have Respite Unit costs covered well into the future. Your support will help us to:

- Save lives by giving patients a second chance
- Guarantee care for our patients seven days a week for 365 days a year in a loving environment
- Reach our target of 24 fully funded beds on a continual basis
- Provide quality healthcare and nutrition to those who would never normally afford it
- Ensure those with HIV requiring end-stage palliative care can experience love, peace and dignity
- Reach people at a treatable stage of their illness improving the chance of rehabilitation
- Provide emotional support and ongoing counselling for our patients and their grieved family members
- Ensure all medical equipment and hospital supplies are well maintained and serviced each year
- Provide on-going skills training and compassion fatigue training for our staff
- Extend the life of those with HIV and related illnesses so that they can live fulfilled and productive lives



Why Adopt-a-Bed

Save lives

The ultimate goal of our **Adopt-a-Bed** Programme is to save lives. Our patients come to us close to death's door, many having been discharged from public hospitals that have given up on any chance of their recovery and need the bed for another patient who will recover. The programme also contributes to a reduction in the number of new HIV infections, as all patients coming through the Respite Unit are initiated onto ARV treatment and provided with adherence counselling and support. Patients who are on ARVs are much less likely to pass on HIV to others as their viral load becomes suppressed.

Providing a 'home away from home'

Our mission is to provide a 'home away from home' in which people are given the chance to regain their health or pass away in an environment of acceptance and unconditional love. By **Adopting a bed** you can play a key role in this process.

Enabling access to high quality healthcare

HACT is the only organisation providing palliative care to impoverished people, and specifically to people with end-stage AIDS, in this area. Although there are other non-profit organisations serving the area in a variety of ways, HACT is the only organisation focused on addressing the HIV/AIDS pandemic specifically. By **Adopting a Bed** you enable us to provide access to healthcare to patients who might normally fall through the net.

We have partnerships with government clinics and make referrals to them where appropriate; however they are severely under-resourced and under-staffed. Terminal patients are frequently turned away or discharged from nearby Government hospitals to free up beds for patients who stand a chance of recovering. This means that many AIDS patients end up dying at home alone, sometimes abandoned by their family members who simply can't handle caring for their loved ones at such a final stage illness, or because there simply is no care-giver in the home.

The costs

There are different ways in which you can adopt a bed. You can adopt a bed for a short period of time such as a month; or for a longer period such as a year or longer; or you can opt for a partial adoption of a bed. Alternatively, you can make a one-off donation.



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What does the funding go towards

The biggest costs in our Respite Unit are staffing costs (the Unit is staffed 24 hours per day by home based carers, nurses, cooks, cleaners, drivers and palliative care workers), medication, pathology and x-rays, food, (we feed 24 patients three meals per day), transport (we drive patients to their clinic and x-ray appointments and collect patients to admission), utility bills, general repairs and maintenance of the property and equipment and security (we have a night guard on site ensuring security).

What people say about our Respite Unit

“David was admitted to our Respite Unit...his little body ice cold to the touch. At 18 months and weighing not quite 3kg, he was too weak to cry or suck. But the care givers never gave up hope. On Sunday when I visited patients I was told that David was now sitting and had eaten some custard! A few months later I bumped into David and his adoptive mom and was moved to tears to see this bouncing little boy with creases at his wrists – testimony to how well he is thriving”. **Staff member referring to one of our orphaned patients**

“With the help of the physiotherapists, and wonderful carers, I started to regain feeling in my legs, and slowly, slowly, I was able to move my legs. And the healthy, fresh food helped me get stronger. This place is amazing! We are so cared for. It is so important to appreciate this, and to embrace the physiotherapy exercises and medication positively. I say thanks to God for giving me this place. I have been here now for nearly a year and I am gradually getting better.” **Patient recovering from TB**

“We form support groups to help the patients sit together and share about different things on their mind. The patients share what they feel, and we play games together as a release. This also builds relationships so that the patients can help and support each other. This gives people hope, we uplift each other”. **Respite Unit staff**

What we can offer in return for a partnership

If you can come on board to assist HACT by sponsoring one or more beds in the Respite Unit, we can offer the following in return:

- A Section 18A Receipt for tax purposes
- An official thank-you letter
- A Broad Based Black Economic Empowerment certificate confirming that 99% of our beneficiaries are black and from previously disadvantaged communities
- Publicity about the partnership on our website and Face Book page, and also in our Quarterly and Annual reports
- Quarterly updates on the projects, including pictures and testimonials from beneficiaries
- Articles in the local Highway newspapers about the partnership
- Onsite HIV education and testing for your staff within your own workplace
- Ongoing HIV counselling and education and health monitoring available for your staff to access here in our clinic
- A Wellness campaign annually for all Durban-based staff, including HIV testing, blood sugar, blood pressure and weight scanning
- Assistance with the production of marketing materials which notify your customers of your contribution to our organisation and therefore to the local community in need

Thank you

Thank you for the opportunity to submit this proposal. We look forward to discussing our proposal with you in more detail, and to answering any questions you may have.

Organisational Details

Name of Organisation:	Hillcrest AIDS Centre Trust (HACT)	
Type of Organisation:	Registered Non-Profit Organisation and Trust	
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Auditors:	Marwick and company	
NPO Number: 005-800 NPO	PBO Number: 18/11/13/1231	Trust Deed Number: IT2182/99
Board of Trustees:	Dr Stephen Carpenter; Julie A Hornby (Chairwoman); Linda M Knox; Michael W Mkhize; Sbusisiwe Myeni; Olivia Myeza (CEO); David J Neville-Smyly); Dr Mackie Nyamazana; Revd Andrew Robinson; Revd Gary A Thompson; Mark N van den Berg; Bishop Mike Vorster.	

