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MISSION STATEMENT

With the support of the community and working with local home-based care teams, Leratong Hospice provides holistic, palliative care when needed and is a centre of counselling and support for patients and their families. Leratong is a home for those without one.

*In the community
For the community
By the community*



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LERATONG HOSPICE

ANNUAL REPORT
2006 - 2007



"Where There Is Love"

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Leratong Hospice

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

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

In South African Rand
 Leratong Hospice
 A/c No: 410036188
 Standard Bank
 De Handeloepst, Melodie
 Hartbeespoort
 Bank No: 01 34 45 00
 Swift Code: SBI ZA ZA JJ

In EURO:
 Leratong Hospice
 A/c No: 77560960
 Bank of Ireland
 2 College Green
 Dublin 2
 Bank No: 90-00-17

FOREWORD

It is my great pleasure to write a short preface to the annual report of Leratong hospice. This is a marvellous example of local people coming together to care for their neighbours who are suffering. Now people who are sick can receive the love and care they need in a wonderful facility near their homes and their families. The work of Leratong and the dedication of the staff are well known all over South Africa and even wider afield. It is an inspiration to other communities who want to do something similar for their people. I hope that Leratong will continue to attract the kind of support it needs to continue the good work that has begun. There is still so much to do and more facilities needed to make life even better for your residents. I look forward to seeing the ongoing development of Leratong. May God Bless all that has already been achieved and reward those who have contributed to such a marvellous work of love.



Fr Martin Coffey CP
 Passionist Congregation Provincial Office
 Mount Argus, Dublin
 IRELAND



*Directly from the entrance hall of Leratong Hospice
 The African baskets on the wall combine geometry and prayer*



Three years already! As we approach our 2007 Annual General meeting it is difficult not to think of where we have come from and where we wanted to be three years ago. While we must remain humble and modest, we can also rejoice in the success that represents Lerong hospice, not only in the community of Altonridge (le), but also in the palliative care community of South Africa. The last twelve months have brought their share of accolades and small victories against disease and death. The last year also brought some pain and disappointment, especially at the beginning of 2007 when our director, Fr. Kieran Cough, was violently attacked one night on the hospice premises. This was a great shock to us all, board and staff members, community members, patients and friends, and many South Africans and well wishers the world over who read reports in the press. We always saw the hospice as a sanctuary, a place where only good is possible, a place where respect, peace and generosity triumph over violence and meanness, even death. Were we wrong? The eight young men who violated the sanctity of the safe haven that is Lerong have not affected our determination to continue to deliver the most appropriate and relevant palliative care to members of our community. They have merely delayed, by a few months, the roll out of our future plans to extend Lerong's services to the community with, amongst other projects, our new out patient clinic.

While we wish a speedy recovery to Fr. Kieran, we also wish the best to the staff so that they may keep alive the spirit of Lerong in his absence. They have made an accustomed to the heat, they proved it again last year, and we trust that their generosity and determination will not falter.



Adv. Dube Tshidi
Chairperson



Fr. Kieran Cough Director
Lerong Hospice



It is unbelievable that we are already looking forward to the third Anniversary of the opening of the hospice and our third Annual General Meeting. Much has been achieved this year thanks to the dedication of the members of the Board of Management under the Chairpersonship of Adv. Dube Tshidi. Their leadership was especially felt during the tragic event that shocked our community at the beginning of 2007 when our director Fr. Kieran was shot during a burglary. The emergency strategic plan they put in place to support the staff and the hospice, ensuring that our level of service remained at the highest level, was highly effective.

In the past 12 months, we have cared for 210 patients (528 since the inception of Lerong). 56% were male, 72% were suffering from HIV/AIDS, 22 % from cancer and the remaining from other terminal diseases. Attending to these patients in their suffering, sharing their last living moments or seeing the terminal patients going back home as an independent life, give rich rewards to the dedicated staff. The staff's commitment to their difficult task remains unchanged as staff turnover is minimal, 90 % of the existing staff started with us 3 years ago and last year only one staff member resigned for personal reasons. One can only commend the incalculable generosity and commitment of these volunteers who are carrying out their task with utmost dedication. Recognising that our staff is our most precious resource, we continuously provide for their skills development and emotional support. For instance, 3 of our nurses underwent a Palliative Educational programme for one month in Pretoria Academic Oncology Department and 7 nurses attended the 4th Multidisciplinary International Palliative Care Conference. The psychological needs of the staff in dealing with suffering, death and dying has been met by clinical psychologist David Gouveas. His weekly sessions were also very important in dealing with staff trauma following Fr. Kieran's shooting.



Nurses and carers look after patients at Lerong



We are grateful for the continuous support we have received from all corners of the local community and overseas. We would also like to specifically highlight the contributions, financial or in kind, that we have received last year. We wish to especially acknowledge the generous mentoring and support from the Hospice Palliative Care Association, of which Lesatong is a member, for their periodic baseline surveys, preparing the hospice to gain full accreditation with the Council of Health Service Accreditation of Southern Africa (COHSASA).



Jim Crough, Paul and
Angus Crough, and Paul Crough



Jim Crough



Carol Ann Buffers

Lastly, we are grateful for the multitude of testimonials of sympathy after Fr Kieran's shooting. Amongst them, we appreciate the ongoing support of the Government of Ireland reiterated during the visit of the Minister of State of Ireland, Tom Parlon, TD as well as the Executive Mayor of Tshwane, Dr. Gwen Ramokgopa, and MP Andrius Nel, accompanied by Ward 7 Councillor, A.P. Swartz, who paid a visit to the hospice and pledged their support.

Kieran's family (his father Jim Crough, his brothers Jim and Paul, and his sister Carol Ann) was also present and very supportive during this time and we are grateful for their continued support and goodwill towards the hospice, its staff and patients despite the tragic circumstances.

This year, in order to report on other aspects of the Hospice, we will let people speak for themselves and we welcome the contribution of our doctors, patients, partners and others who make Lesatong such a special place.

They are 4 doctors contributing to the well-being and the professional care of Lesatong patients. They are Dr Sonia Hickey, Dr Sello Malatji, Dr Dinokato Sasana and Dr Marianne Swartepool. Amongst themselves, they provide precious medical care and expertise during their rounds at the hospice. They also provide guidance to the training and caring staff.



"My association with Lesatong Hospice began in August 2004, soon after I had completed an additional qualification in Palliative Medicine. Since this time I am one of several doctors who do weekly rounds at Lesatong Hospice.



Dr. Sonia Hickey

My ongoing experience of Lesatong is that working at this institution is not for the lazy! But then, there have been those constant rewards such as the many "dying" patients who recover and go home, witnessing the dedicated and compassionate care for those who are suffering, the friendly and positive attitude of Lesatong personnel, the outstanding quality of nursing, the excellent management of the nurses and her assistant, and finally, the unwavering love of the director for every patient and staff member.

In South Africa, there is a desperate need for the medical faculty to improve its management of patients with HIV and AIDS and other terminal illnesses. Lesatong Hospice offers an excellent opportunity for training in this regard. Since the start of 2007, we have been privileged to be able to send 5th year medical students from the University of Pretoria to Lesatong Hospice. From their feedback, it is clear that their time at Lesatong was truly inspirational. With permission, I quote what one of these students said: "I feel inspired. The human spirit of the generous caregivers and the courageous patients is spectacular. It would evoke hope in the most cynical. The challenge for me as a young South African doctor is to replicate the ethos of Lesatong in the clinics, hospitals and hospices of the future". I admire and encourage all who are dedicated to maintain this name of hope and love". (Dr S. Hickey)

There is also a 24-hour medical doctor on site at the hospice. These doctors are provided to Lesatong as part of a joint programme with the Johannesburg-based NGO Rural Health Initiative- Doctors for Africa (RHI).¹ Drs Carla van Tuynhout and Siet Hagen, two Dutch doctors who took part in the programme in 2006, wrote the following.

"Being trained in tropical medicine in the Netherlands, it was a logical step for us to come and work in South Africa, a country in great need of medical doctors, especially with the HIV/AIDS epidemic. Through the South African NGO called Rural Health Initiative (RHI), we were placed in a small hospital in the former Transkei for 2 years. In order to familiarise ourselves with the South African context, and as part of a joint project between RHI and Lesatong hospice, we spent a 2-week induction period at Lesatong hospice focusing on palliative care, getting accustomed with SA medicines, treatment and care of HIV/AIDS patients. In return, we provided the hospice with 24 hours doctor presence at the hospice: a real win-win situation.



For more information:
www.rhi.org.za



During our stay, we learned more than in 2 1/2 years in the tropical medicine course! Having visited many hospitals in Africa, we were astonished by the positive attitude of staff and the level of care given by this "hospital". Although Leratong is NOT a hospital, it is much more than "just a hospice". By providing treatment for people living with Aids and other terminal diseases, they do what many other hospitals do but does it better. With its 16 beds, Leratong is not able to change the health care situation in South Africa, but by offering this 2 week introduction to overseas-trained visiting doctors, it can at least show what best practice is about and what it is possible to do and replicate, even in the poorest rural areas."

"It is now two months since we left Leratong for the Transket. Though we were confronted with death and terminally ill patients daily at Leratong, we think about it often and fondly. We will never forget the care and the love for the patients we have witnessed. We will keep on trying to match what we have experienced at Leratong in "our" rural hospital.

It has been a privilege to stay in Leratong and to know Fr Kieran and the rest of the wonderful staff. Once again, we would like to say how grateful we are for the hospitality and the opportunity provided". (Carla and Bart)

The foreign medical practitioners who have been inducted by Leratong as part of the partnership between Leratong and RII include (in alphabetical order): Dr Clemens Barends, Dr Alan Benjamin, Dr Li Li Chen, Dr Elies de Vriese, Dr Lyn Dowds, Dr Thomas Gorsuch, Dr Bart Hugten, Dr Nanaja Hülberink, Dr Magnus Johanson, Dr Carla van Turenloot and Ingrid Larsson (nurse).

Leratong is also committed to advocate about Palliative care and raise awareness about it, not only amongst community members, but also amongst future medical practitioners. This is the reason why Leratong has been welcoming medical students from MEDUNSA and the University of Pretoria for a practical introduction to Palliative care. Mathilda Chitaka is a 4th year student at the Medunsa Campus and she testifies:

"As a 4th year medical student, I have had the opportunity for a life changing experience at Leratong hospice in Ametsejiville. Everyone knows that death and dying are part of life. It is a given fact. We cannot change it. What we can choose to change is how this will happen. In the extremely busy hospitals and care facilities, often plagued by acute and chronic staff shortages, Palliative care seems often difficult to render. Many times, health care professionals are so caught up in trying to save the living that they neglect and forget the needs of the dying. Leratong hospice made me realise that palliative care is not a "nice to have" but an essential condition for patients to be cared for with respect and to die in dignity. What touched me the most at Leratong is the love given to each individual dying or sick patient, irrespective of diagnosis, creed, colour, social status, gender.

It is obviously a quality that the staff share and have picked up from Fr Kieran's unconditional love for humanity, especially the sick, the dying, the poor, the neglected, the homeless in the community.

Imagine a traditional hospital providing special things that we see as treats like manicure, hair care and styling, beauty treatment, oral care (the list is endless) being offered to the critical or dying patients. That would be incredible. But what I observed and found even more incredible is the way these services are provided: not mechanically and routinely, but with deep care and concern and the deepest love for a fellow dying human being. All of that, in a clean and beautiful environment. Sadly, very few say thank you, support this cause or even realise that all that is done by dedicated staff who work there on a voluntary basis.

My experience in Leratong taught me that compassion, coupled with the genuine desire to provide quality health care for terminally ill patient, can enhance the quality of life in death. It made me realise "how much my water and inner life is built upon the labours of my fellow men, both living and dead, and how earnestly I must exert myself in order to give in return as much as I have received". (Albert Einstein)

FINANCIAL STATEMENTS

Please view the full version of Leratong annual financial statements (for the year ended February 2007) available on request from Leratong Hospice or on our website: (www.leratong.co.za)



RII visiting Dutch doctor Dr Nanaja Hülberink and staff at Leratong Hospice



In the kitchen of Leratong, meals also take care of the patients



BOARD OF MANAGEMENT

Executive		
Chairperson	Mr Dube Tshali	Advocate
Deputy-Chairperson	Ms Helen Williams	Education Development Consultant
Secretary	Ms Tilly Mokete	Pharmaceutical Rep & Professional Nurse
Treasurer	Mr Brian Admworth	Accountant

Board members

Dr Sello Mafaji	General Practitioner
Mr Thabo Letageng	Lawyer
St Adrian Murphy	Little Company of Mary
Mrs Renjiga Tshobala	Learning Hospice Matron
Fr Kieran Crough CP	Learning Hospice Director
Mrs Jacqui Hlakadi	Business Women

Hospice Management Team

Fr Kieran Crough CP	Director
Mrs Renjiga Tshobala	Matron
Mrs Tshali Lekganyane	Deputy Matron
Mrs Terry Moten	Head of Housekeeping
Ms Mildred Khosa	Administrative Assistant



Mrs Renjiga Tshobala,
Matron

OUR STAFF

In this annual report, we have decided to introduce you to our administration team. In the following years, we will introduce you to the other teams namely, the housekeeping team (cleaners, laundresses, cooks) and clinical team (dieters, nurses and carers). The team is headed by our director (Fr Kieran Crough CP) assisted by Ms Mildred Khosa (Administrative Assistant) and Mr Shomani Ntshikwene (Secretary). Our receptionist is Ms Cecilia Mkhondweni.

Mr. Richard Ngweni is responsible for the maintenance of the grounds, building and equipment of the hospice and security matters. The gardens are beautifully maintained by Mr. Joseph Mziro and Mr. Kagiso Sebopa looks after and drives our three vehicles, including our brand new ambulance generously donated by the National Lottery. Kagiso is also the Learning "official" photographer!



Richard Ngweni



Cecilia Mkhondweni



Mildred Khosa and
Shomani Ntshikwene



Kagiso Sebopa



Joseph Mziro



DONORS AND SUPPORTERS

The support and encouragement of the following is gratefully acknowledged:

Anglo American Chairman's Fund (SA)
Antonio Brax Trust (SA)
Apostolic Workers, Down and Connor (Irl)
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BDO Spencer Steward (SA)
Blackrock Supermarket, Saultsville (SA)
Broedersma's Butchery, Broedersma (SA)
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Irish Aid, Ireland, Embassy of Ireland, Pretoria (SA)
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Edison Foundation (SA)
Flax Trust, Belfast (Irl)
First National Bank (First Rand Foundation) (SA)
Friends of Learning, Holy Cross, Belfast (Irl)
Friends of Learning, Mount Argus, Dublin (Irl)
Friends of Learning, Tyrrells, Co. Down (Irl)
Friends of Learning, Dunsmore, Co. Galway (Irl)
Friends of Learning, Blessington, Co. Wicklow (Irl)
Friends of Learning, Belfast, (Irl)
Gauteng Department of Health (SA)
Grotas Prabhakar (SA)
Johannes Mchlangalaba (SA)
Luthaba Funeral Parlour cc. (SA)
Louis and Zelic Martin Foundation, Dublin (Irl)
Magic Rice, Midrand, (SA)
National Lottery Distribution Trust Fund, Pretoria (SA)
Passionist Congregation, (Irl)
Price Water House Coopers
Rhysoo Restaurant (SA)
Sarel Swansonpool and G.J Nel, Eurotech Construction (SA)
Sittigs Nursery, Harboursport (SA)
The Crough Family, Belfast (Irl)
The Gavin Family, Dublin (Irl)
Tania Sciarra & Eime Muller, Thandeka Graphics (SA)
Woolworths (Centurion) (SA)

Special thanks to the late Mrs Biddy Pollock, a great friend to Learning

