

Newsletter 2021 (Q1)



Left to right: Minister Ivan Meyer, Reverend Father Stefan Hippler, Consulate General Matthias Hansen.

Chairperson Receives the Highest Award

Rev Fr Stefan Hippler, Executive Chair Board of Trustees of HOPE Cape Town Trust was bestowed with the Federal Order of Merit (Bundesverdienstkreuz) on Thursday 11 March 2021.

The Honourable German Consul General, Mr Matthias Hansen presented the accolade on behalf of the Honourable President of the Federal Republic of Germany, Dr Frank- Walter Steinmeier.

Rev Fr Stefan Hippler received the Federal Order of Merit (Bundesverdienstkreuz) for his outstanding work and achievements in the fields of HIV/AIDS, social development of communities, training, education and skills development including other charitable work throughout South Africa.

Sharing his sentiments, Rev Fr Hippler says "Receiving this award is a humbling experience knowing that at the end the work of HOPE Cape Town is a collective effort of those working for the organisation, but also those who partner with us or donate money, time and energy for the good cause. For me, being able to do what I do is a real blessing."



The Nex under construction: The Admin Block and Health & Wellness Centre.

The Nex – A Safe Space and Symbol of Hope, Healing and Innovation

After 20 years of hands-on practice and experience serving one of the poorest communities on the Cape Flats, Delft, HOPE Cape Town embarked on a journey to create a multipurpose facility as a tool for socio-spatial transformation within the Delft context.

The Nex will create a safe and innovative environment for building healthy bodies and exploring lifestyle changes, for children and adolescents to learn and heal through play and other therapeutic activities, to prepare children for entry into primary education, for youth to gain new knowledge and skills to better equip them for accessing livelihood and income-generating opportunities, and empower youth and community activists to become agents of social change in their own neighbourhoods and surrounding areas. This intervention logic is closely aligned with at least seven of the global Sustainable Development Goals and the various outcome areas of the South African Government's National Development Plan.

We aim to achieve this through a suite of inter-linked activities, partnerships with local citizens and community-based organisations as well as a range of existing and emerging strategic public and private partnerships and the support of local and global donors.

The development of Phase 1 is on track for completion mid-year 2021 and will see the construction of the first three of the six buildings, namely Bavaria House for Dual Vocational Training and Education and a resource centre; a health and wellness centre and the administrative headquarters of HOPE Cape Town. The second phase – an early childhood development learning centre is scheduled for completion by early 2022 and finally Phase 3 will comprise a youth centre and entrepreneurial skills development centre due for activities towards the end of the same year. In form, The Nex represents HOPE Cape Town's vision and speaks to the desire of the people living in the Greater Delft area, to improve the overall quality of life and living especially for vulnerable children, adolescents and marginalized youth and women.

HOPE to Home Facilitator Sonia Daniels with a little patient and mother in Tygerberg Hospital.



HOPE for Babies During the Covid-19 Pandemic

A year ago, at midnight on 26 March 2020, the South African nation went into full national lockdown. This distinctive year has brought us many new challenges but also new opportunities as we work together to build resilience. This first quarter of 2021 thus marks the start of new possibilities and endeavours but also marks the last quarter of year one of the COVID-19 pandemic in South Africa.

Despite the Tygerberg PMTCT stats for HOPE for Babies still showing amazing coverage of maternal HIV testing during labour and low numbers of newly detected HIV positive cases, the wider northern substructure has experienced the negative effect of a health system and public health behaviour being thrown off guard by the pandemic. More newly diagnosed HIV positive babies are being seen at the surrounding clinics. Reflecting on the past year, the following factors were identified during a discussion with the PMTCT coordinators of the northern subdistrict:

- Accessing of antenatal care was negatively influenced due to non-attendance by patients within the community, believing no-one can go to clinics despite services still being open.
- Recalled patients had trouble re-accessing care due to strict management of patient numbers by clinic security personnel.
- Condom distribution decreased during lockdown periods.
- Numbers of people starting on antiretroviral treatment had decreased and viral loads were not as closely monitored. As an example, in August 2020, a staggering 50% of HIV positive women attending antenatal care at Delft CHC had an elevated viral load.
- Staffing problems ensued with decrease in quality of antenatal care and adult clubs disintegrated due to covid physical distancing regulations.
- Fear of queues in front of clinics also deterred pregnant women from regularly attending the clinic.

Our HOPE to Home counsellors have had to adapt to the new situation, providing additional counselling support to our Tygerberg children and their parents by also providing COVID-19 education and addressing its ripple effects. Tygerberg Hospital has also expressed a focus on the mother-baby pair and they hope to put a programme in place that provides a package of care that sees every admitted baby and mother as one unit and optimises their wellbeing and recovery. We are thus in anticipation of being presented with the opportunity to provide this in the form of Cycle of HOPE. By Dr Michelle Du Plessis, Medical Officer at HOPE Cape Town.

Back to School for the children of Blikkiesdorp

After an extended Summer holiday period due to the Covid-19 pandemic, the start of the 2021 academic year was delayed to 15th February.

All of our playgroup 'graduates' from 2020 received a contribution of new school uniform items and stationery and were ready to face 'big' school with shiny shoes and the widest smiles.

Meanwhile we welcomed 14 new children into the playgroup for the year. We look forward to all the growth, learning, fun and smiles to be seen during this year!



Brand new school uniforms and bags filled with books and stationery.

Happy faces on the first day of Playgroup 2021.



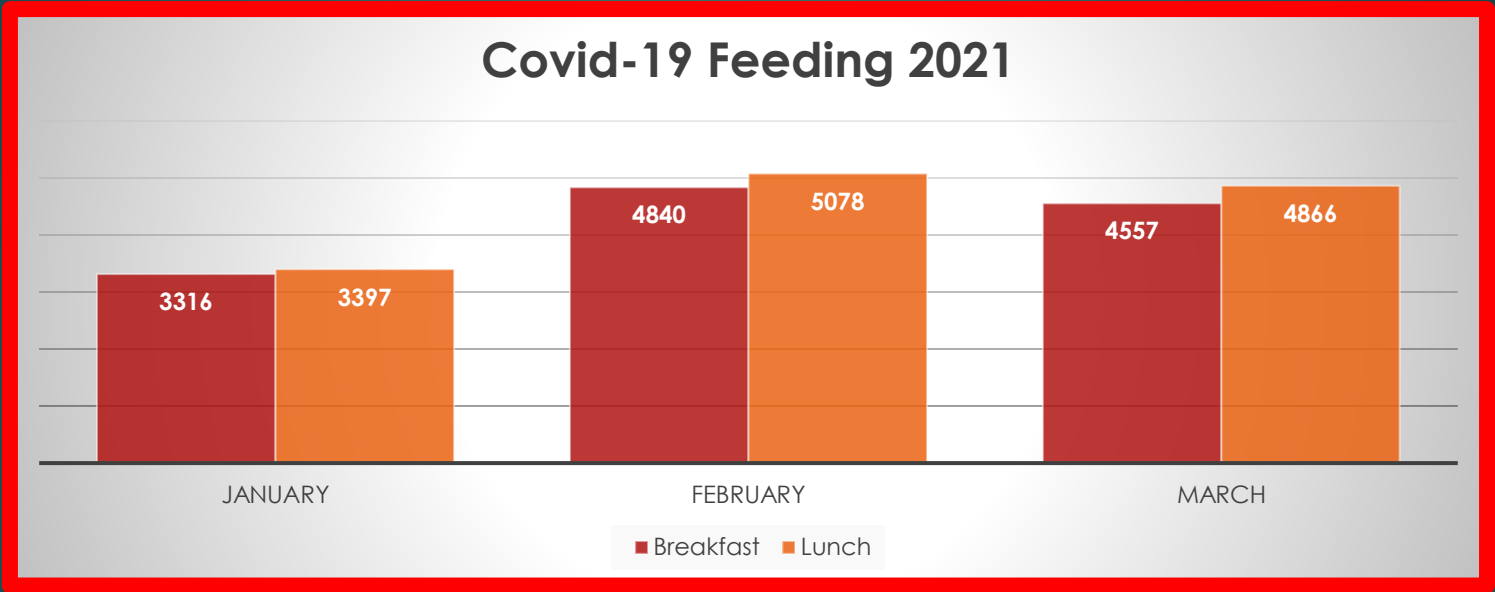
Dr Ana Houston with a young patient at Delft Community Health Centre.

World TB Awareness Week 17 - 24 March 2021

Dr Ana Houston works as a Medical Officer for HOPE Cape Town. Dr Ana spends much of her working time consulting with patients at the Delft Community Health Centre. During World TB Awareness Week, Dr Ana shared with us one of the many challenges she and other medical staff experience on a daily basis: "One aspect of my job that I find hard, is dealing with HIV+ teenagers who are struggling to take their ART - who then get TB because of their low immunity. It's hard to watch them now need to take TB medication and ART and prophylaxis - which may end up being a handful of tablets to swallow every day, while still struggling with the same psychosocial reasons that led them to stop ART in the first place. Over the last few years I've 'walked alongside' a number of teenagers who've struggled with and eventually succumbed to TB after defaulting ART. Covid has made it even more difficult than usual as their access to inpatient care was limited. And their home circumstances were even more fragile than before. HIV+ teenagers often go through a patch when they are struggling with medication and coming to terms with their status. This is normal and we do our best to support them during this time - until they emerge on the other side with an acceptance of their HIV and a resilience for life's troubles. So then if during this patch they are diagnosed with TB it can be really devastating! I'm sad whenever I see one of them come to me with TB symptoms as I wonder if it will be the 'final straw' for them. We desperately need to reduce community transmission of TB in South Africa." - Dr Ana Houston.

Covid-19 Emergency Feeding Scheme

During the first quarter of 2021 we continued to provide two cooked meals per day for the children in Blikkiesdorp. The growing number of recipients is evidence of increased food insecurity for the children and their families during this time of large-scale unemployment and poverty. We remain deeply thankful for all the monetary donations, sponsorships and donations-in-kind that have enabled us to keep the huge pots of wholesome food cooking at the outreach centre in Blikkiesdorp.



The community garden at the HOPE Cape Town Outreach Centre is lovingly nurtured by Blikkiesdorp residents and volunteers who ensure that the harvested produce is used in the preparation of the daily meals and shared with the local community.



Lunchtime in Blikkiesdorp.



Carrots and spinach for the cooking pots.

Womandla

The Womandla 2020 Women's Empowerment Program continued into 2021 as we brought all three groups of women together for a program evaluation and a little bit of fun. In mid-2021 fourteen of these young women will be invited to enroll for a digital literacy training course that will help them to become familiar with technology by using online resources.



Womandla Women's Empowerment Groups learn about green principles, sustainability and eco-friendly measures.

Events

Due to Covid-19, the 20th Ball of HOPE has been postponed from 15 May 2021 to 21 May 2022.

The 20th Anniversary of HOPE Cape Town will take place at The Westin Hotel in Cape Town on 04 December 2021.

In Germany, the following events are scheduled to take place this year:

08 July 2021 - Concert in Dresden

23 October 2021 – HOPE Charity Dinner in München

30 October 2021 – HOPE Charity Dinner in Dresden

06 November 2021 – HOPE Charity Dinner in Berlin



**HOPE Cape Town Trust is a registered Non-profit Organisation
(SA) # 053-417NPO and Public Benefit Organisation (SA) #
93/00/24/843**

Physical Address

HOPE Cape Town Association & Trust
Corner Delft Main Road & Vuurlelie Crescent
Delft
7102
South Africa
(effective 01st July 2021)

Postal Address

HOPE Cape Town Association & Trust
P.O. Box 19145
Tygerberg
7505
South Africa

Email

For any queries - info@hopecapetown.org

Website

www.hopecapetown.org

Bank Details

Account Name:	HOPE Cape Town Trust
Bank Name:	Standard Bank of South Africa Ltd.
Branch:	Thibault Square, Cape Town
Account No.:	07 027 452 5
Branch Code:	020909