

Thank You ABSA

Abisa invited all the residents of Ethembeni to their branch in Gugulethu for a 'wellness' afternoon. This event formed part of their corporate social responsibility. The wellness programme for the afternoon included Absa's resident nurse checking blood pressure and testing the elderly resident's sugar levels.

There was important education around a number of health issues like prostate cancer, breast cancer, diabetes, etc. Absa then shared valuable information about drawing up a Will and offered to provide this service to them all free of charge. Residents enjoyed delicious eats and drink and at the end of the day were each given an Absa gift bag filled with goodies to take home. Thank you, Absa, for taking the time to acknowledge our elderly residents and for an interesting and informative afternoon.



Abisa staff with our residents and gift bags.



Taking blood pressure.

She's a Winner!

Our most recent winner of the June 2011 500 Club draw was Mrs Jocelyn Andrews. Second prize winner was Dr Sonnenberg. A big congratulations to you both. A reminder to all of you who aren't members of our 500 Club yet, it's only R25 a month, or R300 for the year, and you stand to win R5000 first prize and R500 second prize three times a year.

Henriette with Jocelyn Andrews.



Social pensioners at the lunch function.

Mandela Day Celebration in Athlone

To raise awareness of the plight of the elderly, a broad representation of seniors from the Athlone area were invited to a lunch on the 20th July at the SA Cape Corps Memorial Hall in Silvertown, Athlone. Abbeyfield SA was invited to do a presentation for 150 of these social pensioners. It was a wonderful afternoon aimed at celebrating our aged and giving them an opportunity to engage with us around their needs, aspirations, fears and circumstances.

New Glenwood Local Society

We are blessed with many angels here at Abbeyfield. Angels come into our lives on a regular basis and in this instance they've come in the form of Vin and Mary Baxter. What a special couple! Mary and Vin managed to start a new Glenwood committee when the previous committee stepped down. We congratulate them for stepping in just in time. It is our volunteers that run Abbeyfield - we could not do what we do without them. A big thank you goes out to Mary, Vin, Carryn, Irene and Colleen.



Mary, Vin, Anne, Irene and Marie.

The Abbeyfield Circle of friends



Dear Friends...

Abbeyfield is on the move in more ways than one! We've just bought a little place in Observatory for our new work premises and can't wait to move in. We have also managed to secure some land in Lower Crossroads to build our latest Abbeyfield home. And this time we are going green! The house will use alternative technologies such as solar heating. This will save money in the long term, but most importantly it will contribute to saving our precious environment! This beautiful building will include a soup kitchen for older people and a crèche for babies and toddlers.

One question we keep asking ourselves is: How can Abbeyfield continue to make a real difference? Well, this pilot project in Lower Crossroads aims to do just that. We see it as a golden opportunity to deliver flexible, creative solutions that accommodate older people to the benefit of the whole community. It is a model that we hope to replicate as it is both scalable and sensitive to the changing needs of any community.

If we have the courage to pilot new programmes and succeed, then Abbeyfield will be making a major contribution to the quality of life amongst the poorest and most marginalised older people in South Africa. We have a model of caring for older people that promotes dignity and builds community in any society.

The older persons sector deserves more creativity and enthusiasm. We need to start talking and thinking differently about the way we care for and accommodate older people. For us, here at Abbeyfield, we have the plan, the motivation, the energy and the vision. What we need now is a presence in ALL our communities.

Best wishes

Zoë

Abbeyfield International Conference

This year's Abbeyfield International Conference was held in Milan, Italy, from the 6th-9th May. Zoë Paul represented Abbeyfield South Africa by doing a presentation entitled 'Spotlight on South Africa.' A number of items on the Agenda included: What is Abbeyfield? Creating communities that value their elders. How do we grow Abbeyfield? What does an international Abbeyfield mean?

We had a number of interactive sessions and there were presentations by members from other Abbeyfield countries. We were also given the chance to visit some of the Italian Abbeyfield homes. The Italians were wonderful hosts and spoilt us all. The Conference was well organised and provided a good opportunity for networking, stimulating discussions and the sharing of stories from each of our respective countries. It is so nice to be part of a bigger global family. Our affiliated Abbeyfield countries were intrigued by the work that we do in South Africa and were all very much in support of expanding our housing model to support older people in ALL our different communities.



Piazza Duomo



The Mayor of Milan and Carlo Monticelli - Abbeyfield Italy 9 bedroom Abbeyfield house in Montecastello



Measuring the size of the land in Lower Crossroads.

We've got land!

Lower Crossroads is where it's all happening right now. We have a new local society made up of five wonderful women who have given up their time to run a crèche for 40 children, and a soup kitchen. They manage to feed elderly men and women from the community twice a week - without the soup kitchen these elderly members of the community would go without a meal that day. We've got the land and the go ahead from SANCO and, using alternative building technologies, we will be building a new six bedroomed Abbeyfield Home together with a new soup kitchen and crèche.

Welcome Ingrid



Ingrid Alexander.

We have the great pleasure of introducing you all to our new Abbeyfield Development Officer, Ingrid Alexander. She started with us on the 1st June. Ingrid has experience in the NGO world, knows a lot about financials - which is always a godsend - and has a real affinity for older people. She has her work cut out for her! Not only do we need to grow, but we need to make sure that our residents are happy, our committees supported, and the quality of our accommodation is up to scratch. Welcome to the team Ingrid! Wishing you a long and happy stay with us.

Visitor from the Nonsuch Abbeyfield Society UK

One of our Abbeyfield international family members from the UK, Graham Walker was in Cape Town recently. Amongst other commitments, he was keen on visiting us here at Abbeyfield. Graham is the Chairman of the Nonsuch Abbeyfield Society in the UK which serves the Epsom and Sutton regions. They have three lovely sheltered houses that are home to 25 independent older people.

Graham was impressed by our houses, but couldn't believe that we didn't have house mothers that cooked two meals a day for our residents. We are all for independent-older people and all about promoting active ageing. One of the key ingredients in our model is that we offer affordable accommodation and that our houses are sustainable. If we had to employ house mothers we simply couldn't manage this.



Volunteers in the garden.

67 minutes for Nelson Mandela's Birthday

A group of nine men and women who volunteer for an organisation called NAPWA - National Association of People living With Aids - based in Gugulethu, decided that they'd like to volunteer their 67 minutes for Mandela's Birthday by assisting older persons in their community. They came to Ethembeni, worked in the garden and spring cleaned their house for them. Such a thoughtful gesture, thank you very much NAPWA Gugs and... Happy Birthday Madiba!



Rina and Dawn unveil their new house name.

Opening of Happy Hearts

The local society of Macassar worked furiously to get their home equipped and furnished in time for the grand opening of 'Happy Hearts Manor' on the 28th May 2011. What a wonderful day it was. It was a wet and wintry Saturday afternoon, but that didn't matter. Nothing was going to dampen the spirits of this crowd. About 60 guests joined the local society at the house for an afternoon of live music, singing by local community residents, delicious eats and a packed programme of speeches.

Members of the Macassar community were blown away by the house and how happy the new residents were. Other guests included members of the Abbeyfield Board, volunteers from three of our new township local societies, estate agents and community leaders. The afternoon ended with everyone singing and dancing together in the true spirit of "Ubuntu." Well done to the hard working local society of Macassar. Now for house number two!



Guests at the opening of Happy Hearts.

VIP from UK visit SA

From the 31st July to the 6th Aug we had three very important overseas guests visit us here in Cape Town. Paul Allen, the CEO of Abbeyfield UK, David Coe, the new Abbeyfield International Director and JB Munro, the Abbeyfield International Chairman. We had a whirlwind week of meetings, visits to some of our houses, and visits to potential new Abbeyfield sites in our township and rural communities. Abbeyfield UK are very impressed with the work that we do here and are looking at ways of supporting our growth and expansion. What a pleasure it was to spend time with all three of them and show them the good work of Abbeyfield in South Africa.



David, JB and Paul at Mia's House



Overseas guests on rural Abbeyfield site.

AGM REMINDER

It's AGM time again! Where has the year gone? Abbeyfield will hold its AGM this year at the River Club on Tues, 20th Sep at 6pm for 6:30pm. You are all invited to attend. Can you please RSVP numbers to the Head Office for catering purposes.