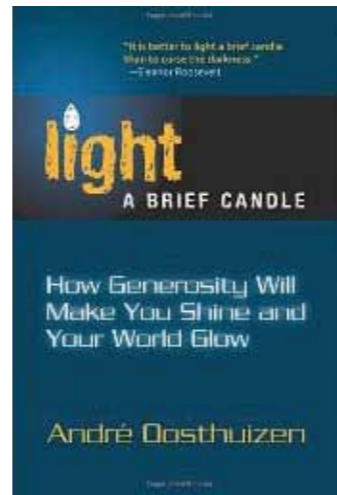


# Light a Brief Candle

The book launch of Light a Brief Candle was held on the 14th November. Andre Oosthuizen, an Advocate from Cape Town, published his new book featuring the work of 12 charitable organisations, Abbeyfield SA being one of them. Andre wanted to tell some good and hopeful stories in an attempt to counteract all the negative things we read about each day. He felt that the 12 organisations he interviewed had made a valuable contribution



to the communities they worked in. It is a real honour and a privilege for Abbeyfield to be recognised and included in amongst an incredible group. Some of the other organisations included in the book: Abalimi Bezakhaya, JAG Foundation, The Chaeli Campaign, Men on the Side of the Road, Learn to Earn Campaign, Hout Bay Music Project, etc. To find out more visit [www.lightabriefcandle.com](http://www.lightabriefcandle.com)



# The Abbeyfield Circle of friends



## Dear Friends...

Last month in November I was lucky enough to be able to spend some time in the UK and used this wonderful opportunity to visit some very interesting Abbeyfield projects. I want to share some of my experiences with you...

One of the many highlights of the trip was that I was able to visit the Abbeyfield head office and meet the Abbeyfield management team and staff members. They are truly interested in what we are doing - and plan to do - in South Africa. I am most grateful to all of them for their openness and willingness to share their experience and their resources with us. We have some very good friends over there.

The best part of the trip was that I was able to visit a number of Abbeyfield homes in the UK. I visited 3 Abbeyfield houses, one of which was York House in Cheam, that accommodates 8 residents - 5 women and 3 men. What was very special about this visit was that I got to share a meal with all the residents at their dining room table. Residents in Abbeyfield Homes in the UK share meals together which I think is wonderful. It comes from the original Abbeyfield vision of providing companionship and friendship, something that I think we need to remind ourselves about every now and again. Perhaps we could all think about how we can provide opportunities in our homes to achieve this. It was a fabulous experience being able to chat and laugh with the residents over a delicious lunch.

Brown's field house is a dementia care home for 26 older persons. From the minute I walked in the front door I knew I was somewhere very special. The home was bright and cheerful and full of activities and fun things for the residents to do. This home has a 50's inspired hair salon, a post office, a sweet shop, animals outside, a veggie garden, a sensory room, activity rooms and so much more. While I was there, music was playing from the jukebox while one resident danced and at the same time two other residents were getting their nails painted by carers. It's no wonder Browns Field House has won so many care awards in the UK. Their people-centred approach, commitment and compassion towards their residents is incomparable to anything I've ever seen in the sector. Staff go above and beyond the call of duty to provide the best care for their residents and they respond to the needs of each resident with courtesy and dignity at all times.

Girton, also in Cambridge, is a new Abbeyfield development with 76 units, 1, 2 and 3 bedroom apartments. These homes offer residents the opportunity to live life independently with the knowledge that if and when they need assistance, there is a dedicated team on hand to provide it.



The new Abbeyfield Girton development in Cambridge



Zoe sharing a meal with residents of York House in the UK

I also travelled to Cambridge where I got to visit two really extraordinary Abbeyfield homes, "An Lac House" and "Brown's field house". An Lac is home to 10 elderly Vietnamese residents. Their home has a Buddhist temple, a Zen garden and coy fish pond, all symbols that keep them connected to their way of life back home. The home is run simply but beautifully. There is an annual Vu Lan celebration, and each week community members can join An Lac residents in Tai Chi, Meditation and in Buddhist practice. Fundraising for the house includes inviting the public to visit and try traditional Vietnamese food at a small cost. It's a little piece of Vietnam in the middle of Cambridge where residents are still part of the community but are able to remain connected to their own language, culture and tradition.



Zoe with Mai and Aurore from An Lac House

Abbeyfield may run differently in SA but there are many ways in which we share the same ideals and practices. Visiting all these very different projects affirmed how I feel about our community-based housing model. What we need to do is stay creative, be flexible and have the courage and commitment to respond to the enormous NEED for home style living for active older persons in South Africa. We have so many wonderfully different cultures and faiths in our country and so we must make sure that what we do is appropriate and applicable for each group if we want to see Abbeyfield make a major impact.

Comfort, safety, friendship, community, dignity and respect. That's what we must strive for. If we are able to provide this for our older persons that would be enough.

It is such a privilege to work for Abbeyfield SA. Thank you all for your ongoing support and encouragement. See you in the New Year!

Wishing you all a peaceful blessed festive period.

Zoe

## Ebenezer Primary gives back!

Grade 7 pupils from Ebenezer Primary School in Paarl, as part of their community outreach project, decided to adopt 'House of Grace' as their charity for this year. With permission from the Abbeyfield Local Society in Paarl it was agreed that the learners would spend a day assisting residents with jobs that they found difficult to do. The boys cleaned the garden and the attic and the girls washed the windows. A big thank you to Jocelyn Andrews, the Grade 7 teacher, and her learners for thinking of Abbeyfield and taking time out from school to assist vulnerable older persons in their community.



Learners hard at work on the windows



Grade 7 Ebenezer Primary outside House of Grace

## Happy 10th Birthday!

On 13th October, the Abbeyfield Society of Wellington celebrated the 10th anniversary of the opening of Huis Kroneberg. The committee and the residents prepared a lovely seafood dinner. The Chairperson, Mr. Sylvester, and his hardworking committee also treated the residents to a meal at the local Spur as part of their celebrations. Another Abbeyfield home Ted's House, in Rondebosch East also celebrated their 10th year since opening their doors. A really wonderful achievement. We congratulate our residents and the committee volunteers.



Enjoying the birthday celebration in Wellington

## FROM US TO YOU



Abbeyfield residents with Xmas gifts from Head Office

Our Development Officer Ingrid spent time visiting our Abbeyfield homes handing out small gifts, from Head Office, to each of our residents. Just a little something to say we're thinking of you and wishing you all a very blessed Christmas.

# ABBEYFIELD AGM

This year's Abbeyfield AGM was held in the Limpopo Room at the River Club in Mowbray. We had a pretty good turn out of residents and committee members. A big thank you to all of you who were able to make it. A reminder to those of you who haven't seen our latest Annual Report and would like to, we have copies available at Head Office.



Margaret (Rondebosch), John (Board member), Penny and Jenny (Walkerville)



Guests at our Abbeyfield 2011 AGM

## We love our blankets!

Special thanks go to Diana Knight from our Plumstead Local Society and members of the St Pius X Church for the donation of blankets that went to the residents of House of Grace in Paarl. With their new lovely colourful blankets residents have been able to keep the evening chill away. We are enormously grateful.

Beautiful knitted blankets



## Paarl pulled it off!



Residents and committee members enjoying the dinner dance



Ingrid handing out raffle prizes

Our Paarl Local Society spent months of preparation in the run up to their big fundraiser held on the 25th November which was a Dinner Dance held in the local community centre. They managed to sell 152 tickets, the event was well attended and a huge success. Members of the public, including residents and committee members enjoyed the live music and danced the night away. There was a Lucky Draw with several prizes that were handed out and our residents had knitted squares to make up a blanket which was also raffled at the dance. Well done to Paarl on a successful fundraiser and to everyone that participated and made contributions, thank you.

## Every little bit counts

This year we had 3 of our houses participate in street collections. Well done to Ocean View, Plumstead and Macassar committees and residents for doing your bit to raise funds for your Abbeyfield home.



Some Ons Huisie residents and committee members

## THANK YOU!!

For all of you who have supported us over the past year, and continue to do so, and for those of you who are considering coming on board and joining us, we would like to say PLEASE DO!! We are grateful and humbled by your generosity. Your loyalty and support is what helps us to think bigger and do better for all older persons.

Abbeyfield SA would not be able to do what we do without the energy and hard work of two very important people. To Henriette our Admin/Bookkeeper and Ingrid our Development Officer, a very BIG thanks you for your ongoing passion and commitment to older persons.



## Surprise for Ethembeni residents

Youth members from the 7th Day Adventist Church spent a day out in the community chatting to our Ethembeni residents, keeping them company and telling stories and then made them all a big lunch which they shared together. What a lovely thing for a group of young and enthusiastic men and women to do. Listening to stories of our elders is such an important way of passing on knowledge from one generation to the next.

Ethembeni residents with volunteer church members



## Local Societies raise money through Bridge Drives

Congratulations to Wyndover and the Hout Bay Local Society for organising two successful bridge drives this year for their Abbeyfield homes. These events are a great way of bringing people together and spreading the word about Abbeyfield. They not only bring in much needed money for the houses - usually for repairs and maintenance - but also to raise awareness about Abbeyfield in the community and the work that we're involved in. Congratulations!

Some Wyndover committee members and residents



Enjoying a game of bridge

## Xmas lunch for Sutherland residents

Sutherland House committee members treated their residents to a Christmas lunch at the Mowbray Golf Club on Sunday, 27th November. Residents enjoyed a delicious roast and were treated to a gift each from the committee. What was unexpected was that residents then handed out gifts to each member of their committee. Well done Sutherland House such a great gesture! To all our other Local Societies that are doing something celebratory for their residents for Xmas, a big thank you to you!



Sutherland houses committee members and residents



Enjoying Christmas lunch at the Mowbray Golf Club

## 500 Club Winners!

Our first prize winner of our October 500 Club draw was Mr. M A Rhodes from Pinelands. He was lucky number 94! Our second prize winner of R500 was Mr. T Y Thomson from Claremont. Congratulations to the both of you and a reminder to all of you who are not yet 500 club members; **PLEASE SIGN UP.** For more information on how to do this, give Henriette a call at Head Office (021-447 5644).

## Walkerville meets Strandfontein



Penny and Jenny with two residents Sydney and Gail

Two of our Local Society members from Walkerville in Joburg who were down for our AGM, stayed on a few extra days to visit a few of our homes that they hadn't previously had the chance to see and were able to meet with residents. This year Penny (Chairlady) and Jenny (Vice-Chairlady) travelled to Hout Bay, Strandfontein and Macassar and spent time chatting and sharing stories with all the residents.